Volume V

LIFE SKILLS

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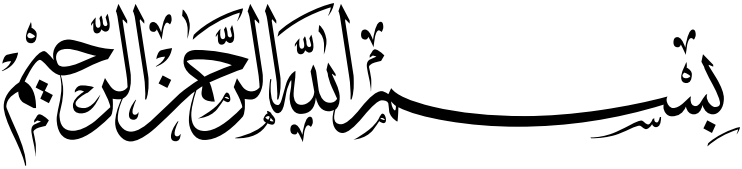

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وَعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the fifth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

Dated: Dec 2023

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Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the fifth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of

individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends

the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

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Doing Despite Disliking

Top Mental Strategies to Get You Through Doing Things You Don't Like

We all have to do things in life that we don't necessarily like to do: a project at work, doing chores around the house, going to the gym, or attending an event you don't want to go to. That's just part of being responsible and taking care of what needs to be done in life.

While it can be tedious, boring, and unpleasant to do these activities, psychologists have developed various "mental strategies" to make these activities a little easier to accomplish and get through.

In a new study published in the *European Journal of Personality*, researchers looked at these "mental strategies" to find out which are the most commonly used and which are the most effective for helping individuals to complete a task.

First psychologists conducted an experiment where they had participants imagine themselves doing challenging activities (like running on a treadmill) and asked individuals to list what strategies they would use to help push themselves to the end. They discovered 19 different strategies, separated into two distinct categories: 1) Situation modification (such as drinking coffee or listening to music while working), and 2) Attentional deployment (such as motivational self-talk or thinking the end of the task is near).

Then psychologists decided to look at how people use these strategies throughout their everyday lives. Participants were given an alert multiple times per day asking them to log any daily challenges they had to go

through (such as studying, going to class, commuting, or housework), and then asked participants to choose what strategies (if any) that they used, and whether or not they were successful.
By following participants' daily challenges for a week, psychologists could then find out what mental strategies were most associated with successful outcomes in their lives.

4 mental strategies that were most successful in helping individuals overcome a difficult task:

- **Thinking about the positive consequences of getting to the end** – This is one of the most popular and successful strategies used by individuals to help them overcome a difficult task. By thinking about the rewards they will get by the end of it, they were more likely to stick with the task until it was completed. (Example: *"Once I finish exercising at the gym, I'll feel healthier and better about myself."*)
- **Monitoring one's goal progress** – Another successful strategy for completely difficult tasks was to break it down into different smaller subgoals. By doing this, individuals could reach certain "checkpoints" on their way to completing the task. This often gives individuals a sense of progress along the way, which helps keep them motivated to stick with the task until it's over. (Example: *"I've already completed one mile of my three mile run. Keep going!"*)
- **Thinking that the end is near** – Another effective strategy to help individuals finish a difficult task was to think that the "end is near." By believing they were

just at the cusp of finishing the activity, they were more motivated to keep going that extra mile because completion was just around the corner. (Example: *"I'll be done with cleaning the kitchen soon! Just need to stick with it a bit longer."*)

- **Emotion regulation (trying to stay in a good mood)** – The last strategy found to be most successful was to try to stay in a good mood as much as possible. Participants did this in a variety of ways (that often borrowed from other strategies), such as listening to their favorite music or a podcast while doing a boring task, working with people they like being around, or trying to find ways to make the task a bit more fun. (Example: *"I'm going to listen to good music and dance while I do my chores."*)

These were the top mental strategies that psychologists found to be the most effective for completely tasks that we generally don't like doing. These could be applied to a wide-range of situations: work, chores, studying, exercising, etc.

Of course, which strategies work most effectively for *you* will depend on your personality and the specific task you are trying to complete. But this is a good starting point for finding ways to work through difficult, tedious, or boring tasks that we often have to do throughout the day.

Some of these strategies play on *extrinsic motivation* (being motivated by something outside of yourself) rather than *intrinsic motivation* (being motivated because you really want to do it), but both forms of motivation can be healthy and beneficial depending on the circumstances.

The most important lesson is that we have a lot of mental strategies and mental tools available to us to help us get through life easier. And the more tools you have in your mental toolbox, the more options you'll have when you find yourself having a rough time.

Forget Positive Thinking

This Is How to Actually Change Negative Thoughts for Success

There's no shortage of self-help gurus who swear that repeating positive phrases to yourself can change your life, encouraging that if you simply tell yourself "I am strong and successful", your fears will simply disappear.

If you've tried using positive affirmations, you know that it can be a difficult habit to maintain. You may spend five, 10 or even 20 minutes reciting your affirmation, but the other 23 hours of the day? Chances are that your mind drifts back to old, repetitive thoughts that have burned deep grooves in your brain.

The problem with positive affirmations is that they operate at the surface level of conscious thinking and do nothing to contend with the subconscious mind where limiting beliefs really live.

It goes without saying that if you command yourself to think "I am abundant and attract wealth", yet your deeply held core belief is that you are never enough or unworthy of your success, your brain will be quick to

incite an inner war. If you trying tell yourself "I am successful", but you struggle with insecurity regarding your skills and accomplishments, your subconscious may likely remind you of the many times you've embarrassed yourself in front of your boss or made a mistake at work (trust me, we've all been there!).

The truth is that it's natural and healthy to experience a range of feelings, including less pleasant ones like disappointment, sadness or guilt. While there's no question that ruminating in negative emotions can turn toxic, whitewashing your insecurities with positive thinking is merely a temporary fix.

Unreasonably optimistic thinking can trigger a self-defeating spiral, particularly for those prone to anxiety and depression. Research shows that while repeating positive self-statements may benefit people with high self-regard, it can backfire for those lacking confidence.

If positive affirmations can be ineffective–even detrimental–how are we to take control and mentally empower ourselves to change?

While wishing ourselves into a success mindset won't work for most, here's a few strategies to try to make your self-talk work for you instead of against you.

Dig Yourself Out from "Debbie Downer" Thoughts.

Start with articulating and acknowledging thoughts weighing you down–ones that don't serve any useful purpose beyond keeping you stuck. Releasing

statements, such as, "I forgive myself for procrastinating" or "It's okay for me to be angry" shortcut self-bashing and free up emotional resources.

If you spend less time beating yourself up for procrastinating, you can redirect that energy into breaking down a project into manageable tasks and actually tackling your to-do list instead.

Give Interrogative Self-Talk a Try.

Research shows that asking ourselves questions rather than issuing commands is a much more effective way to create change. It's as simple as tweaking the way you speak to yourself. When you catch your inner critic flinging accusations, think: *how can I turn this statement into a question?* (see what I did there?). Asking questions opens up exploration and possibility.

Here's some examples:

- Am I willing to do what it takes?
- When have I done this before?
- What if [insert worst case scenario] happens?
- How can I…?

This type of self-inquiry powers up problem-solving areas of the brain helping you tap into your innate

creativity. You're able to greet negative thoughts with curiosity instead of fear.

Focus on Progress, Not Perfection.

Using a positive affirmation like "I am wonderful and powerful" may backfire if you don't *truly, deeply* believe it at both a cognitive and emotional level. To effectively re-frame your thinking, consider who you are *becoming*, focusing on your progress–the current track or path you're on.

You might re-work your self-talk to sound more like "I am a work in progress, and that's OK." It's pointing you in the direction of positive growth and is both realistic and achievable. Another example: telling yourself "Every moment I'm making an effort to be more conscious about how I spend my money" acknowledges the fact that you are evolving and that you have choice in creating a better financial future for yourself.

If you're prone to negative self-talk and are sick of positive affirmations that don't work, try one of these re-framing techniques. You may start to notice major changes in your mindset and an uptick in your productivity and success.

How Currency Works

Whether we pull out paper bills or swipe a credit card, most of the transactions we engage in daily use currency. Indeed, money is the lifeblood of economies around the world. Currency refers to paper money or

coins that are in circulation. But currency is actually only a small piece of the monetary economy and just one consideration when looking at the total money supply.

Indeed, most money today exists as credit money or as electronic records stored in databases in banks or financial institutions. But still, the bread and butter of everyday transactions is currency, and that is what we will look more closely at here.

KEY TAKEAWAYS

- Currency is the physical money in an economy, comprising the coins and paper notes in circulation.
- Currency makes up just a small amount of the overall money supply, much of which exists as credit money or electronic entries in financial ledgers.
- While early currency derived its value from the content of precious metal inside of it, today's fiat money is backed entirely by social agreement and faith in the issuer.
- For traders, currencies are the units of account of various nation states, whose exchange rates fluctuate between one another.

What Is Currency?

While it may seem obvious, since we all use it on almost a daily basis, the exact meaning of money can also be elusive and nuanced.

Imagine you make shoes for a living and need to buy bread to feed your family. You approach the baker and offer a pair of shoes for a specific number of loaves. But as it turns out, he doesn't need shoes at the moment. You're out of luck unless you can find another baker—one who happens to be short on footwear—nearby.

According to mainstream economics, money alleviates this problem. It provides a universal store of value that can be readily used by other members of society. That same baker might need a table instead of shoes. In general, transactions can happen at a much quicker pace because sellers have an easier time finding a buyer with whom they want to do business.

Most importantly, money has to be the unit of account, or *numeraire*, which is a fancy term for the unit that things are priced in within a society. In the U.S. that is the dollar. Once there is a unit of account, people can indeed exchange on credit without the use of physical money.

Currency is the physical paper notes and coins in circulation. By accepting the currency, a merchant can sell his or her goods and have a convenient way to pay their trading partners. There are other important benefits of currency too. The relatively small size of coins and dollar bills makes them easy to transport. Consider a corn grower who would have to load a cart with food every time he needed to buy something. Additionally, coins and paper have the advantage of lasting a long time, which is something that can't be said for all

commodities. A farmer who relies on direct trade, for example, may only have a few weeks before his assets spoil. With money, she can accumulate and store her wealth.

History's Various Forms of Currency

Today, it's natural to associate currency with coins or paper notes. However, currency has taken a number of different forms throughout history. In many early societies, certain commodities became a standard method of payment. The Aztecs often used cocoa beans instead of trading goods directly. However, commodities have clear drawbacks in this regard. Depending on their size, they can be hard to carry around from place to place. And in many cases, they have a limited shelf life.

These are some of the reasons why minted currency was an important innovation. As far back as 2500 B.C., Egyptians created metal rings they used as money, and actual coins have been around since at least 700 B.C. when they were used by a society in what is modern-day Turkey. Paper money didn't come about until the Tang Dynasty in China, which lasted from A.D. 618-907. Metallic money in the form of coins made from precious metals such as gold, silver, or copper have been commonplace since early civilization.

Other forms of currency that have existed include large circular stone in the Pacific Islands, cowrie shells in pre-modern America, tobacco leaves, measurements of

grains or of salt, or even cigarettes and packages of ramen noodles in prisons.

More recently, technology has enabled an entirely different form of payment: electronic currency. Using a telegraph network, Western Union (NYSE:WU) completed the first electronic money transfer way back in 1871.[1] With the advent of mainframe computers, it became possible for banks to debit or credit each others' accounts without the hassle of physically moving large sums of cash.

Today, electronic payments and digital money is not only common, but has become the most important and ubiquitous money form.

Value in Currency

So, what exactly gives our modern forms of currency—whether it's an American dollar or a Japanese yen—value? Unlike early coins made of precious metals, most of what's minted today doesn't have much intrinsic value. However, it retains its worth for one of two reasons.

First, in the case of "representative money," each coin or note can be exchanged for a fixed amount of a commodity. The dollar fell into this category in the years following World War II, when central banks around the world could pay the U.S. government $35 for an ounce of gold.[2] In other words, the paper money represented some claim on physical metal and could legally be redeemed for that metal on demand.

However, worries about a potential run on America's gold supply led President Nixon to cancel this agreement with countries around the world.[2] By leaving the gold standard, the dollar became what's referred to as fiat money. In other words, it holds value simply because people have faith that other parties will accept it. Today, most of the major currencies around the world, including the euro, British pound and Japanese yen, fall into this category. Fiat money moreover derives its value from the trust in the government and its ability to levy and collect taxes.

Exchange-Rate Policies

While currency technically refers to physical money, financial markets refer to currencies as the units of account of national economies and the exchange rates that exist across currencies. Because of the global nature of trade, parties often need to acquire foreign currencies as well. Governments have two basic policy choices when it comes to managing this process. The first is to offer a fixed exchange rate.

Here, the government pegs its own currency to one of the major world currencies, such as the American dollar or the euro, and sets a firm exchange rate between the two denominations. To preserve the local exchange rate, the nation's central bank either buys or sells the currency to which it is pegged.

The main goal of a fixed exchange rate is to create a sense of stability, especially when a nation's financial markets are less sophisticated than those in other parts

of the world. Investors gain confidence by knowing the exact amount of the pegged currency they can acquire if they so desire.

However, fixed exchange rates have also played a part in numerous currency crises in recent history. This can happen, for instance, when the purchase of local currency by the central bank leads to its overvaluation.

The alternative to this system is letting the currency float. Instead of pre-determining the price of foreign currency, the market dictates what the cost will be. The United States is just one of the major economies that uses a floating exchange rate. In a floating system, the rules of supply and demand govern a foreign currency's price. Therefore, an increase in the amount of money will make the denomination cheaper for foreign investors. And an increase in demand will strengthen the currency (make it more expensive).

While a "strong" currency has positive connotations, there are drawbacks. Suppose the dollar gained value against the yen. Suddenly, Japanese businesses would have to pay more to acquire American-made goods, likely passing their costs on to consumers. This makes U.S. products less competitive in overseas markets.

The Impact of Inflation

Most of the major economies around the world now use fiat currencies. Since they're not linked to any physical asset, governments have the freedom to print additional money in times of financial trouble. While this provides

greater flexibility to address challenges, it also creates the opportunity to overspend.

The biggest hazard of printing too much money is hyperinflation. With more of the currency in circulation, each unit is worth less. While modest amounts of inflation are relatively harmless, uncontrolled devaluation can dramatically erode the purchasing power of consumers. If inflation reaches 5% annually, each individual's savings, assuming it doesn't accrue substantial interest, is worth 5% less than it was the previous year. Naturally, it becomes harder to maintain the same standard of living.

For this reason, central banks in developed countries usually try to keep inflation under control by indirectly taking money out of circulation when the currency loses too much value.

The Bottom Line

Regardless of the form it takes, all currency has the same basic goals. It helps encourage economic activity by increasing the market for various goods. And it enables consumers to store wealth and therefore address long-term needs. Currency was once limited to the domain of physical coins and bills, but today's digital economy means that money now exists as data stored in ledgers at banks, and is even transcending the possibility of tangibility with the development of cryptocurrencies such as Bitcoin which can never be made physical.

How Government Manipulates Money And Produces Inflation

by Edward W. Younkins

Money is the lifeblood of commerce. In order to permit the market to operate, we need to ensure a stable, non-inflationary currency. Inflation invariably distorts the market. There are always different groups in the population being affected dissimilarly by inflation. Inflation leads to a misdirection of production and employment resulting in a misallocation of resources. Money which loses its value through inflation circumvents the mind by destroying the means of economic calculation and planning.

Inflation is caused by printing more money. The government's monetary policies are responsible for this. Keynesian spending policies and ideology and the abolishment of the gold standard have permitted the government to depreciate our currency.

The answer is to eradicate state control of the money supply. We need to divest government of its power to arbitrarily increase or decrease the money supply. In addition, we must build in pressures toward fiscal responsibility by the government with respect to the production of balanced budgets and reduction of debt. The federal government must learn to live within its means – government deficits must be prevented. The

establishment of the gold standard will stifle the hidden and deceptive tax of inflation. Inflation could be controlled if government were not able to monetize debt or manipulate reserve requirements.

Defining inflation

Money is a commodity the value of which stems from its usefulness as a medium of exchange. The best money is the one developed through the market system. Since barter has obvious limitations, one commodity (e.g., gold) arises as easier to trade and more useful as a medium of exchange. Exchange rates (i.e., prices) are established between this one commodity and each of the other goods. Historically and pragmatically, a commodity's ability to function as money has been transferred to money substitutes (e.g., the dollar). Honest money is fully backed by commodities like gold.

Inflation, a monetary phenomenon, is an increase in money and credit. Its major consequence is rising prices. Inflation occurs when the economy's aggregate volume of money expenditures grows at a faster rate than its total real output grows. Inflation is thus an increase in the supply of money without a corresponding increase in the supply of goods and services.

Inflation consists of expanding a nation's money supply by adding something other than real money (e.g., gold). Such fiat money, backed only by government

decree, produces inflation. If the quantity of money is increased, the purchasing power of the monetary unit declines and the quantity of goods and services that can be purchased for one unit of this money also decreases. When government expands the quantity of paper money, the purchasing power of the monetary unit drops and prices rise. After the new money has been added to the economy, the total wealth produced is not any greater than it was previously. With added money now being spent, but with no additional goods and services to spend it on, prices will rise. In the U.S., it is only the federal government and government recognized banks that can print money and/or create new dollar credit.

Why does the government inflate?

Inflation is a dishonest and deliberate policy and tool of politicians who do not wish to reduce their spending. The government « creates » new money in order to cover what it spends in excess of its income. The existence of an unbalanced budget is a frequent reason for the government to print more money. When more is spent than is raised by taxes, the government makes up the difference with fiat money. The basic cause of inflation is the government's unwillingness to cut its spending plans or to raise the funds it desires by increasing taxation or by borrowing from the public.

Politicians want to spend but they do not want to raise taxes. Because higher taxes are unpopular, inflation commonly becomes the answer to deficit

financing. When the government prints more money, people don't have to pay additional taxes, but ultimately they realize that dollars are not worth what they were previously. Monetary debasement is a scheme in which government force is used to take wealth from people and spend it. When the government makes new money and spends it, the effect on prices and the supply of goods and services is no different than when a private counterfeiter does so.

Exorbitant government expenditures are often the result of government efforts to redistribute income and wealth. Inflation can be connected to the appearance of the welfare state. Political leaders, confident in their own abilities, rationality, ability to control nature and society, and to produce continual progress, use government force to redistribute wealth in their compassionate efforts to achieve economic equality. Additional dollars, created through the printing press and credit expansion, enable the government to spend more and support more « deserving » non-producers than it could otherwise.

Inflation transfers wealth from creditors to debtors of which the federal government is the largest. Debtors make payment with currency that is worth less than when the debt was assumed. Inflation repudiates government debt at the same time that it depreciates the purchasing power of the debt.

How the government inflates

The government has several ways of increasing the money supply. Expansion of the money stock is carried out by monetizing federal debt, by Federal Reserve « open market operations, » and by credit expansion through commercial bank loans to private borrowers.

In America, the Federal Reserve System currently has control of the issuance of unbacked currency. The government's demonetization of gold established government-sanctioned paper as the exclusive medium of exchange. The government blocked holders of paper money from protecting themselves from the ravages of inflation when it denied American citizens the freedom to select gold in preference to inflatable fractional reserve money. Essentially, all the government has to do when it wants to spend more money than has been collected in taxes is to borrow non-existent money from the Federal Reserve through the issuance of government securities. This new money is spent and deposited in banks thereby becoming the fractional reserve for even more unbacked money. New money creation builds on itself and snowballs. The only limits to the money supply are arbitrary reserve requirements on banks (i.e., the reserves in cash that a commercial bank holds against deposits) and debt limits established by Congress.

The Treasury seldom sells government bonds directly to the Federal Reserve. Rather, the Federal Reserve purchases bonds on the open market thus giving the Treasury room to sell its bonds on the market. The result is the same even though the mechanics make the process a bit less obvious.

When the Federal Reserve buys government securities on the open market it expands the supply of money and credit. Using a cashier's check, the Fed pays for the securities with its private holdings. The seller, in turn, deposits the check in a commercial bank. This increases the bank's reserve balance of cash thus enabling it to lend out several times the amount of the deposit. Production of fractional reserve money merely requires a journal entry crediting a borrower with a sum of money and issuing a deposit receipt in this amount. Commercial banks thus can increase the quantity of money by lending several times as much as the amounts deposited by their customers in their accounts. The use of fractional reserves clearly demonstrates the fraudulent nature of lending claims to mythical property.

« Inflation is a dishonest and deliberate policy and tool of politicians who do not wish to reduce their spending. The government "creates" new money in order to cover what it spends in excess of its income. »

Money should be backed by a 100 percent reserve of what is used to back it. If the government were unable

to monetize its debt or manipulate reserve requirements, then obstacles to inflation would be in place. Under a 100 percent gold reserve standard or system, there would be little or no inflation since prices would depend on the existing supply of gold. With the inability to expand the volume of money and credit at will, the political evil of inflation would no longer be able to be perpetrated by agents of the U.S. Treasury and officials of the Federal Reserve System.

Losers and winners

Inflation is a type of tax that falls on each citizen in the form of higher prices for what he purchases. It is analogous to a sales tax on all goods and services. Inflation levies a tax on all who have money or have money owed to them. Like taxes, inflation distorts prices, changes production patterns, transfers wealth from savers to spenders, discourages saving and investment, and stifles individual initiative.

A particularly evil form of taxation, inflation does not affect people in proportion to their income or wealth. Its incidence depends on the business or industry in which one works, the elasticity of demand for different commodities, the specific forms in which a person holds his assets and debts, etc. There is no way for the government to create new dollars or bank credit so that each person will benefit equally and simultaneously.

Inflation starts with government expansion of the money supply that immediately creates benefits for

some persons while producing losses for others. Commonly, individuals on fixed incomes and owners of bonds, loans, and savings accounts suffer losses while borrowers and property owners enjoy gains.

Some individuals have the advantage of receiving the newly created currency and bank credit sooner than others. Such persons are able to buy more than they could previously or to offer higher prices for goods and services they desire. People who receive the new money and credit first receive a temporary benefit at the expense of others who receive the new money or credit later. Those receiving the new money or credit first have greater income and thus can purchase many goods and services at prices that existed at the beginning of the inflation. The first groups spend their money when prices have gone up least (or not at all) and the last groups consume and pay when prices have increased the most.

When the first recipients of the new dollar offer higher prices, prices tend to be raised by the suppliers of the goods and services for which higher prices had been offered. Shifts in income and wealth are generated by the increased number of dollars. Those who receive unexpectedly high prices for their commodities benefit from the inflation. They experience « windfall » profits at the expense of holders of monetary assets (i.e., dollars and assets fixed in number of dollars).

The influx of new fiat money permits people who gain access to it early to buy at yesterday's prices. However, there are others to whom the new money

arrives much later. They are forced to pay higher prices than they did previously for some or nearly all of the goods and services they desire to buy. The last recipients of the new money pay higher prices while their incomes remain constant or do not go up proportionately with prices.

Inflation tends to initially create more employment. It is likely to at first increase sales and selling prices at a faster rate than it increases expenses. Nevertheless, this effect is fleeting and occurs only when and if inflation is unanticipated. When individuals begin to expect inflation, they will make compensating adjustments and demands thus causing costs to catch up with selling prices. Wages, interest, and raw materials prices increase as fast (if not faster) than a product's retail price, profit margins narrow, and the businessman realizes that his profits have been illusory.

At each stage of the sequence of transactions by which the new money works its way through the economy, the advantage of receiving additional dollars' declines. Those who receive it much later must adapt to a situation in which the items they want are increasingly more expensive.

Inflation produces false market signals

Inflation falsifies economic calculations and accounting profits and leads businessmen to make errors. Inflation misdirects production so that scarce resources are dedicated to inappropriate projects.

Illusory profits deceive producers, invite malproduction and malinvestments and make planning a nightmare. The initial aura of prosperity dissipates as prices go up, wages lag, and business decisions brought about by false market signals produce bad results.

Inflation dampens producers' incentives to save and invest in production facilities. As a result, less is produced. Furthermore, since there has been less production, there is less to consume, save, and invest. What's more, with less saved and invested currently, there will be less produced in the future for individuals to consume, save, and invest. The increasing uncertainty of profits discourages new investment to a greater degree than what the overall increase in profits due to inflation does to encourage investments. Investment, employment, and production are misdirected by inflation, and ultimately they are all discouraged by it.

When the government expands the money supply to finance its debts or to create economic prosperity, the result is higher prices. People have more dollars but the dollar loses its purchasing power. Inflation reduces the value of the currency and the amount of that reduction is used by the government to pay its debts. When monetary authorities inflate and depreciate money, people are forced to accept it at face value and in full payment. The federal government, as a huge debtor, benefits greatly from monetary depreciation. When monetary value declines, lenders suffer losses in purchasing power while borrowers (like the government)

gain a like amount. Creditors are defrauded when debtors discharge their debts by exchanging inferior money.

When progressive tax rates are unadjusted for inflation, the increase in the nominal value of wages places individuals in progressively higher tax brackets thus permitting the government to collect a larger proportion of income and assets. By denying inflation adjustments, the state can also exact more taxes from businesses. Higher taxes are paid when depreciation and other production costs are understated and profits are overstated.

Oftentimes, when the government wants to stimulate the economy, it gets the Federal Reserve System to reduce interest rates. To do this, it must create more spendable money. Interest rates are decreased by increasing the supply of loanable funds. This can be done by getting the central bank to purchase government securities or by directly monetizing debt (i.e., by simply printing more money). When monetary authorities expand the quantity of money and credit, they cause interest rates to initially fall. Businesses are lured into expanding by the lower interest rates. As a result land, labor, and capital are bid up. After a while, lenders will catch on and want a real return. After the new money has flowed through the economy, rates will return to normal and mistakes will be evident.

Inflation deters saving and investment and promotes a search for alternatives to saving during the

inflation. Why work hard, save, and invest if the purchasing power of dollars saved is expected to fall? People attempt to identify and acquire a real store of value in the form of non-monetary or hard assets such as precious metals, diamonds, real estate, machinery and equipment, and rare items such as stamps, antique furniture, art works, books, coins, firearms, etc. People will save and invest little, if any, unless they are confident that their property will be safe and that their savings and money will retain its purchasing power.

Not recognizing the government's own responsibility for inflation, politicians assign the blame to the private sector and advocate the use of price controls to fight inflation. They fail to understand that price controls cannot stop or even slow down inflation. All these controls can do is reduce profit margins, discourage production, and create shortages. Furthermore, and most importantly, they do not understand that price controls represent the antithesis of economic freedom.

Real monetary reform

Traditionally, the gold standard has been used to tie the value of money to something more constant and stable than the capricious desires of government officials. Such an impersonal protection is needed to restrain the actions of those who hold a legal monopoly on the creation of money. Under the gold standard, the

quantity of the money supply is independent of the policies of government bureaucrats and politicians. Gold represents value uncontrolled by government. The gold standard takes decisions regarding the quantity of money out of the hands of politicians.

Making paper money redeemable in gold keeps the government from arbitrarily increasing the money supply. Not only does full redeemability of the currency unit restrict government power, it also supports public confidence in money, allows market forces to work, and protects citizens from disguised taxation through monetary inflation.

The gold standard provides a market-based medium of exchange and stable monetary system through which men can exchange and save the results of their labor. This monetary stability will force the government to abstain from monetary depreciation. Not only would the government have to stop inflating, it would also be forced to balance its budget and eliminate many welfare programs. Under a gold standard, politicians cannot spend more unless they raise taxes.

Under the gold standard, all claims to gold (i.e., dollars) are receipts for gold and are fully convertible into a specific amount of gold. Money and credit expansion is brought to a sudden halt when government and banks have to redeem their notes in gold. Redemptions would be a chief obstacle to government's unlimited money creation and spending.

Under the gold standard, banks and individuals would be able to make loans, but they would be limited to the amounts savers had accumulated and were making available for lending purposes. The gold standard's requirement of fully convertible money would keep more than one claim to the same money from occurring.

Because of its natural attributes and relative scarcity, gold has long served as a dependable medium of exchange. The quantity of gold changes very slowly over time. Consequently, currencies fully backed by gold are susceptible to only a negligible rate of inflation. There has been a gradual increase in the store of gold with the annual increase in the world stock usually amounting to between 1.5 and 3 percent. Over time, the total gold stockpile held by central banks and individuals has always increased and has never decreased.

If gold was money, there would be a negligible price level increase when more gold is mined, refined, and processed and an even slighter decrease as some gold is removed from the monetary realm to be used in industry, dentistry, jewelry, etc.

Some are concerned that new annual supplies of gold will be insufficient to carry on the growing amounts and value of world trade. Gold, a hard currency, may have a new production rate that may not keep pace with economic growth. This really presents no problem. The existing quantity of money is always enough to conduct the existing volume of trade. Some deflation may be

inevitable, but this simply means that overall prices will be lower.

How to develop and increase self-awareness

1. Look at yourself objectively.

Trying to see yourself as you really are can be a very difficult process, but if you make the right efforts, getting to know your real self can be extremely rewarding. When you are able to see yourself objectively, you can learn how to accept yourself and find ways to improve yourself in the future.

So, what is an easy way to get started with this?

- Try to identify your current understanding by writing out your perceptions. *This may be things that you think you are good at doing, or that you need to improve*.

- Think about things you are proud of, or any accomplishments that really stand out throughout your life.

- Think about your childhood and what made you happy back then. *What has changed and what has remained the same? What are the reasons for the changes?*
- Encourage others to be honest with you about how they feel about you, and take what they say to heart.

In the end, you will come out with a fresh new perspective on yourself and your life.

2. Keep a journal.

You can write about anything in your journal, even if it is not related to your goals. Recording your thoughts on paper helps to relieve your mind of those ideas, and clears it up to make space for new information and ideas.

Take some time each night to write in your journal about your thoughts and feelings, and your successes and failures for the day. This will help you grow and move forward in your achievements.

As you self-reflect, take some time to think about how you are a leader, and how people working under you likely view you. Think about what you do to help other people, and if you could possibly do more. What are your values, and what is most important to you right now?

All of these self-reflection questions will help you get a better idea of who you are and what you want out of life right now.

3. Write down your goals, plans, and priorities.

Plan out your goals in a worksheet so they turn from ideas into a step-by-step process. Break down your larger goal into mini-goals so it seems less overwhelming, and tackle it head on.

4. Perform daily self-reflection.

In order to have self-awareness, you must do self-reflection. This requires setting aside some time, hopefully every day, to honestly look at yourself as a person and a leader. Committing to this practice can help you improve.

In our demanding business world, daily self-reflection is easier said than done. There is always pressure to do more with less, and an endless flow of information through our portable technology.

Because it takes time to self-reflect, start by setting aside just 15 minutes each day. Self-reflection is most effective when you use a journal and write down your thoughts. It's also best to find a quiet place to think.

Free Step-by-Step Checklist (and Report): The Morning Routine for Peak Performance

Learn how to build the **Perfect Morning Routine for YOU!** Start your day right by using your mornings to boost creativity and productivity.

5. Practice meditation and other mindfulness habits.

Meditation is the practice of improving your mindful awareness. Most types of meditation focus on the breath, but not all meditation has to be formal. You can also find greater clarity from regular moments of reflection.
During your meditations, you may stop to think about some specific questions.

- What is your goal?
- What are you doing that is working?
- What are you doing that is acting as a hindrance to your success?
- How can you change your process to improve it?

One of the most frequent forms of meditation you may practice comes from carrying out everyday tasks that give you a sense of therapeutic serenity, such as washing dishes, going for a run, and going to church.

6. Take personality and psychometric tests.

Take these personality and psychometric tests to help understand what traits you have. Some popular tests that are aimed at increasing self-awareness include the Myers-Briggs test and the Predictive Index.
There are no right or wrong answers to these tests. Instead, they compel respondents to think about a set of traits or characteristics that closely describe them relative to other people.

7. Ask trusted friends to describe you.

How are we supposed to know what other people think of us? We have to listen to the feedback of our peers and mentors, and let them play the role of an honest mirror. Tell your friends when you are looking for open, honest, critical, and objective perspectives. Allow your friends to feel safe while they are giving you an informal yet honest view.

Make sure your friends know that they are doing this to help you, not to hurt you. Also, feel free to ask questions of your friends about topics they bring up if you feel like you need some more clarity to completely understand.

You can also ask friends to bring it to your attention when you are doing something that you know you want to change. For example, if you know you tend to "one-

up" people when they are telling stories, have your friends discreetly let you know that is happening so you can learn to stop.

8. Ask for feedback at work.

In addition to consulting friends and family, use a more formal process at work to get some feedback. If your company does not provide a structured way to do this, try to implement one. Provided it is constructive and well done, having an option for formalized feedback allows us to self-reflect on our own strengths and weaknesses.

To have an effective formal feedback system at work, you need a proper process and an effective manager. Once the feedback process is finished, it is important to reflect on it by writing down your main takeaways. Write down any surprising strengths and weaknesses that you did not realize you had before.

It will take quite some time to increase your self-awareness and get to know yourself better. It can even take years and input from many people around you. Building the necessary habits to help you become more self-aware can positively impact other aspects of your life, especially your interpersonal and intrapersonal relationships.

Obstacles to Self-Actualization

The Four Aspects of Self-Actualization

From The Inspired Life: Unleashing Your Mind's Capacity for Joy, by Susyn Reeve:

Being all you can be

Living to your full potential

Honoring and valuing your gifts, talents, and skills, and generously sharing them in service of the highest good for all: a more peaceful, loving, and compassionate world

Living a life of passion and purpose

Six Tips Toward Self-Actualization

From The Inspired Life: Unleashing Your Mind's Capacity for Joy, by Susyn Reeve:

Nurture and cultivate a loving relationship with yourself—vibrant self-esteem is a powerful foundation of self-actualization.

Acknowledge and value your specific and unique gifts.

Have the courage to follow your calling from within.

Answer this question: If I wasn't afraid and I knew I could not fail, who would I be and what would I be doing? This defines your self-actualized vision. Then the question becomes: To live into this vision, what are the thoughts I think, the words I speak and the actions I take?

Use breakdowns, blocks in the road, challenges, and stepping stones to support your vision.

Understand the creative process, how the brain works, and have a community of support—your vision keepers.

Obstacles to Self-Actualization

Susyn Reeve, a self-esteem expert and the author of The Inspired Life: Unleashing Your Mind's Capacity for Joy, says that unfortunately, many people haven't even started on the road to self-actualization.

"They don't understand how the brain works, the creative process, and that everything that exists begins inside and then is brought to form outside," she says. "Most people suffer from low self-esteem and do not believe in themselves—they feel unworthy, unloved, and are ashamed of these feelings. Their fears, worries, and anxieties stop them in their tracks. They give more credence to the opinions of others and fail to honor their inner knowing."

Valery Satterwhite, an inner wealth consultant, has additional advice for people who want to become self-actualized. "It is essential to first reconnect with who you really are and what you value most," Satterwhite said. "Too many people live life through the prism and the prison of a false personality where the real self is buried under layers of expectations—who a person 'should be' and what he or she 'must do.' As children we tend to condition ourselves—we shape-shift our identities—in

order to stay connected, loved, and belong in our environment. The more we strip away these false layers, the more we are able to expand our sense of self and our place in the world."

She said everyone is capable of self-actualization, and most people want this for themselves, but many people don't completely become self-actualized. "Whether or not they achieve it depends upon how willing they are to step beyond the comfort zone of conditioning to explore new perspectives, new learning, and new insights," Satterwhite said.

"Those who live in fear will not travel very far in their journey of self-actualization," she added. "Fear is restrictive—it cuts off expansion and actualization whether it be within an individual, society, or government. Those who value themselves and the gift that is this life enough reach a point where the pain of staying inauthentic overrides their fear. Those who step into their fears know the joy that comes with the learning and the growth that comes with the courage to step into the unknown. Often what we fear the most is what our heart is calling us to become. It scares us because it matters that much."

Real signs you're on someone's mind

01/6Real signs you're on someone's mind

How do you get to know someone is thinking about you? Have you ever been in one of such situations where you can't understand how you sensed that someone's thoughts are running to you? Or maybe the two of you often finish each other's sentences? Well, you should know that people share some kind of telepathic connection which makes it easy for you to realize they're thinking about you. Here are some real signs that will help you understand it better:

02/6Subconscious smiling

Your body reacts to how your mind tells it to react. Many of us are not even aware of this. So when you see someone you recognize, you will see a smile worth a thousand words. Your appearance, your face and the fact that they see you are the reasons behind their smile, the one that they can't contain. You can feel that there's so much more than meets the eye. That's your subconscious telling you that they've been thinking of you.

03/6Sudden change of emotional state

Have you ever felt a sudden change in your mood? You must have but maybe you didn't understand why it happened. You might have been in a good mood,

cracking jokes and having a positive day. But then all of a sudden, you feel a huge change of emotional state. You start feeling depressed like someone or something drained your energy. Probably right at that moment, someone was thinking about you. Your subconscious is trying to tell you things but in a different way. You experience this sudden change of mood because that person's energy interfered with yours and this caused you to change in a split second. It messed with your entry field and that is what led you to the change of state.

04/6Your subconscious brings you two closer

If you've ever wondered why and how people fall in love with each other? You first need to understand what brings them closer to each other. Once again, this has everything to do with the subconscious and the vibe that two people are surrounded by. When people want to fall in love, they are subconsciously looking for those who can satisfy their needs. Someone who can complete them and who can do everything they can't. Your subconscious then finds a way to bring that person into your life. And that's how two people get closer to each other.

05/6Strange eye movements

If you've experienced your eyes going crazy, it could mean that your mind is sensing something. A sudden itch or twitching of your eyes - means someone is thinking about you. Now, this neither has to mean that the person likes you nor that they are thinking positively about you. It can totally be the other way round. They could be trash-talking you or mentioning you in a negative manner. But itching or twitching of your eye sure means someone is thinking about you.

06/6Tense mind

Have you ever found yourself eating something and you start to choke? Or maybe you were drinking water and it went down the wrong pipe, leaving you gasping for air? This is because your mind is trying to create tension. It feels you being mentioned by someone else and so it is trying to warn you to open your eye and look around. Even hiccups are a sign of someone thinking about you. They're one of the signs of a tense mind and negative energy.

Relationship Conflict Resolution

Focus on the problem, not the person.

When a disagreement turns to personal insults, raised voices, or mocking tones, the conversation is no longer

productive. Be careful to focus on the problem without placing blame on your partner. If a disagreement becomes personal, you should pause the conversation.

Use reflective listening.

Oftentimes during arguments, we focus on getting our own point across rather than listening to our partner. Before responding to your partner, restate what they have said to you in your own words. Continue this process until your partner agrees that you understand. Next, share your side. Your partner should reflect back your ideas in their own words until they too understand. Using this technique will help both individuals feel listened to and understood, even if you disagree.

Use "I" statements.

When sharing a concern, begin your sentence with "I". For example: "I feel hurt when you don't tell me you'll be late". With this sentence format we show that we are taking responsibility for our own emotion rather than blaming our partner. The alternative sentence—"You never tell me when you're going to be late"—will often cause a partner to become defensive.

Know when to take a time-out.

When you and your partner are becoming argumentative, insulting, or aggressive, it's a good idea to take a time-out. Have a plan in place so you or your partner can call for a break when needed. Spend some time doing something alone that you find relaxing. When you've both calmed down, you and your partner can return to solving the problem. Be sure that you do return—it isn't a good idea to leave these issues unaddressed.

Work toward a resolution.

Disagreement is a normal part of a relationship. If it becomes clear that you and your partner will not agree, focus on a resolution instead. Try to find a compromise that benefits both individuals. Ask yourself if this disagreement really matters to your relationship, and let yourself move on if not.

6 Stress-Relieving Tricks to Reduce Anxiety at Work

When your alarm goes off in the morning, chances are you reach for your phone to 1) turn off the noise and 2) to catch up on email before you even get out of bed, eyes still blurry from sleep. Right?

To say we live in an era of constant communication is more than just an understatement. Technology has led to the expectation that we work longer hours and communicate with colleagues and clients outside the workplace, creating a mentality of anytime, anywhere access.

What's the mental cost? Stress, which everyone experiences from time to time. But the Anxiety and Depression Association of America reports an estimated *40 million* Americans suffer from some form of anxiety disorder, ranging from persistent, unrealistic worry to specific phobias and full-blown panic attacks. *Forty million*.

Anxiety is simply a learned response to stress, and it can cause sufferers undue frustration and hopelessness. So

as the emails stack up in your computer inbox and your phone pings with seemingly urgent messages, how do you get out of that anxious headspace?

Here are seven hacks to help ease your anxiety throughout the work week and minimize stress levels, courtesy of Kelli Walker, panic and anxiety coach, and co-host of the *Anxiety Coaches Podcast*.

1. Go easy on the caffeine.

There's just something about starting the morning with a habitual cup of coffee, hot steam rising from the top. While the caffeine certainly helps energy levels, its effects mimic anxiety symptoms: racing heart, upset stomach, shaky hands. "It's rarely a symptom or actual cause of anxiety," Walker says. "It's just that if you're already in a sensitized state, you might feel more vulnerable to the physiological effects coffee produces, and your mind may misinterpret those effects." Rest assured, you don't have to kick the coffee habit, but know your body's cues, and if you're already feeling tense, consume in moderation.

2. Don't overthink your stressors.

Sometimes, figuring out what exactly is getting you worked up can make you anxious. "Stress isn't necessarily going to go away. Some jobs are inherently stressful," Walker says. For instance, a recent study tracked hospital nurses and measured their stress levels throughout the day, changing nothing in their daily routine. The nurses then practiced mindfulness to help the way they *related* to the stress. "When the nurses were re-

measured, their stress had dropped by 40 percent," says Walker. "Nothing changed stressor-wise, except the way the nurses related to that stress and were aware of its presence. In my opinion, giving extra attention to the stressors is wholly unhelpful."

3. Try accepting the anxiety.

Have you ever been sitting in a meeting and you start getting cold sweats and a racing heart? You have a few options: Fight the feelings, remove yourself from the situation… or, says Walker, "accept the feelings and allow the anxiety to sit beside you." Accepting anxiety means, simply, sitting there and letting the feelings pass. It may not feel good. And, Walker adds, "Don't force the acceptance. That won't work either. If acceptance isn't coming easy or naturally, it's OK. Getting back to that place and calm and peace doesn't rely on it. Either way, the anxious state will pass, whether you accept it or not."

4. Fake it till you make it.

Sometimes, you just have to grin and bear it. And "faking it till you make it" can actually work surprisingly well, says Walker. "Act normal and make light of the anxiety. Power poses work great and can eventually become habit." So stand up tall and make an effort to smile. "If you tell yourself a lie a bunch," adds Walker, "you start to believe it."

5. Take a breather.

Whether meditating for three minutes or just taking deep breaths, remember to take some time to check in with yourself throughout the day. "Even if it's for 30

seconds," says Walker, "even just drop your shoulders and release any tension. These little things help you gain altitude from the anxiety and perspective." And while technology does little to ease a racing mind, there are ways to harness it to help induce calm. If the statistic about 40 million anxiety sufferers can't convince you that you're not alone, the sheer volume of smartphone apps for anxiety should. Walker recommends Headspace, Meditation Oasis and the Mindfulness apps, as well as Happify, which offers games to hone in on mindfulness.

6. Get moving.

Exercise is a mood lifter, a physical shift in your day, and its effects on anxiety and depression are well documented. A healthy body goes a long way toward a healthy mind, and the feel-good endorphins release while the stress hormones are reduced.

The Antisocial Personality

There are certain characteristics and mental attitudes which cause about 20 percent of a race to oppose violently any betterment activity or group.

Such people are known to have antisocial tendencies.

When the legal or political structure of a country becomes such as to favor such personalities in positions of trust, then all the civilizing organizations of the country become suppressed and a barbarism of criminality and economic duress ensues.

Crime and criminal acts are perpetrated by antisocial personalities. Inmates of institutions commonly trace their state back to contact with such personalities.

Thus, in the fields of government, police activities and mental health, to name a few, we see that it is important to be able to detect and isolate this personality type so as to protect society and individuals from the destructive consequences attendant upon letting such have free rein to injure others.

As they only comprise 20 percent of the population and as only 2 1/2 percent are truly dangerous, we see that with a very small amount of effort we could considerably better the state of society.

Well-known, even stellar, examples of such a personality are, of course, Napoleon and Hitler. Dillinger, Pretty Boy Floyd, Christie and other famous criminals were well-known examples of the antisocial personality. But with such a cast of characters in history we neglect the less stellar examples and do not perceive that such personalities exist in current life, very common, often undetected.

When we trace the cause of a failing business, we will inevitably discover somewhere in its ranks the antisocial personality hard at work.

In families which are breaking up, we commonly find one or the other of the persons involved to have such a personality.

Where life has become rough and is failing, a careful review of the area by a trained observer will detect one or more such personalities at work.

As there are 80 percent of us trying to get along and only 20 percent trying to prevent us, our lives would be much easier to live were we well informed as to the exact manifestations of such a personality. Thus, we could detect it and save ourselves much failure and heartbreak.

It is important then to examine and list the attributes of the antisocial personality. Influencing as it does the daily lives of so many, it well behooves decent people to become better informed on this subject.

Attributes

The antisocial personality has the following attributes:

1. **He or she speaks only in very broad generalities**. "They say..." "Everybody thinks..." "Everyone knows..." and such expressions are in continual use, particularly when imparting rumor. When asked, "*Who* is everybody..." it normally turns out to be one source and from this source the antisocial person has manufactured what he or she pretends is the whole opinion of the whole society.

This is natural to them since to them all society is a large hostile generality, against the antisocial in particular.

2. **Such a person deals mainly in bad news, critical or hostile remarks, invalidation and general suppression**.

"Gossip" or "bearer of evil tidings" or "rumormonger" once described such persons.

It is notable that there is no good news or complimentary remark passed on by such a person.

3. **The antisocial personality alters, to worsen, communication when he or she relays a message or news**. Good news is stopped and only bad news, often embellished, is passed along.

Such a person also pretends to pass on "bad news" which is in actual fact invented.

4. **A characteristic, and one of the sad things about an antisocial personality, is that it does not respond to treatment or reform.**

5. **Surrounding such a personality we find cowed or ill associates or friends who, when not driven actually insane, are yet behaving in a crippled manner in life, failing, not succeeding.**

Such people make trouble for others.

When treated or educated, the near associate of the antisocial personality has no stability of gain but promptly relapses or loses his advantages of knowledge, being under the suppressive influence of the other.

Physically treated, such associates commonly do not recover in the expected time but worsen and have poor convalescences.

It is quite useless to treat or help or train such persons so long as they remain under the influence of the antisocial connection.

The largest number of insane are insane because of such antisocial connections and do not recover easily for the same reason.

Unjustly we seldom see the antisocial personality actually in an institution. Only his "friends" and family are there.

6. **The antisocial personality habitually selects the wrong target.**

If a tire is flat from driving over nails, he or she curses a companion or a no causative source of the trouble. If the radio next door is too loud, he or she kicks the cat.

If A is the obvious cause, the antisocial personality inevitably blames B or C or D.

7. **The antisocial cannot finish a cycle of action**. Any action goes through a sequence wherein the action is begun, is continued for as long as is required and is completed as planned. In Scientology, this is called a *cycle of action*.

The antisocial becomes surrounded with incomplete projects.

8. **Many antisocial persons will freely confess to the most alarming crimes when forced to do so, but will have no faintest sense of responsibility for them**.

Their actions have little or nothing to do with their own volition. Things "just happened."

They have no sense of correct causation and particularly cannot feel any sense of remorse or shame therefore.

9. **The antisocial personality supports only destructive groups and rages against and attacks any constructive or betterment group.**

10. **This type of personality approves only of destructive actions and fights against constructive or helpful actions or activities.**

The artist in particular is often found as a magnet for persons with antisocial personalities who see in his art something which must be destroyed and covertly, "as a friend," proceed to try.

11. **Helping others is an activity which drives the antisocial personality nearly berserk. Activities, however, which destroy in the name of help are closely supported.**

12. **The antisocial personality has a bad sense of property and conceives that the idea that anyone owns anything is a pretense, made up to fool people. Nothing is ever really owned.**

The Basic Reason

The basic reason the antisocial personality behaves as he or she does lies in a hidden terror of others.

To such a person every other being is an enemy, an enemy to be covertly or overtly destroyed.

The fixation is that survival itself depends on "keeping others down" or "keeping people ignorant."

If anyone were to promise to make others stronger or brighter, the antisocial personality suffers the utmost agony of personal danger.

They reason that if they are in this much trouble with people around them weak or stupid, they would perish should anyone become strong or bright.

Such a person has no trust to a point of terror. This is usually masked and unrevealed.

When such a personality goes insane, the world is full of Martians or the FBI and each person met is really a Martian or FBI agent.

But the bulk of such people exhibit no outward signs of insanity. They appear quite rational. They can be *very* convincing.

However, the list given above consists of things which such a personality cannot detect in himself or herself. This is so true that if you thought you found yourself in one of the above, you most certainly are not antisocial. Self-criticism is a luxury the antisocial cannot afford. They must be *right* because they are in continual danger in their own estimation. If you proved one *wrong,* you might even send him or her into a severe illness.

Only the sane, well-balanced person tries to correct his conduct.

Relief

If you were to weed out of your past by proper search and discovery those antisocial persons you have known

and if you then disconnected, you might experience great relief.

Similarly, if society were to recognize this personality type as a sick being as they now isolate people with smallpox, both social and economic recoveries could occur.

Things are not likely to get much better so long as 20 percent of the population is permitted to dominate and injure the lives and enterprise of the remaining 80 percent.

As majority rule is the political manner of the day, so should majority sanity express itself in our daily lives without the interference and destruction of the socially unwell.

The pity of it is, they will not permit themselves to be helped and would not respond to treatment if help were attempted.

An understanding and ability to recognize such personalities could bring a major change in society and our lives.

The antisocial personality has a hidden terror of others. All other people are enemies to be covertly or overtly destroyed. One sign of an antisocial personality is that he deals mainly in critical or hostile remarks, invalidation and general suppression.

8 Hour Work Day and Why We Should Rethink It

The Origin of the 8 Hour Work Day and Why We Should Rethink It

By Leonhard Widrich

One of the most unchanged elements of our life today is our optimal work time or how long we should work — generally, every person I've spoken to quotes me something close to 8 hours a day.

And data seems to confirm that: The average American works 8.8 hours every day. At least, those are the official statistics from the Bureau of Labor Statistics:
And yet, for most of us it is obvious that knowing how long the average person works every day has little to do with how efficient or productive that pattern is. At least, that is what I personally found for my own productivity. So what's the the right hourly rate?

With success stories from people working 4 hours a week, to 16 hours a day, it's hard to know if there is an optimal amount. So instead of going with my gut, which often fails me, I thought of looking into **actual research on work time and how to optimize it for your happiness and success**.

Why do we have 8 hour work days in the first place?

Let's start out with what we have right now. The typical work day is around 8 hours. But how did we come up with that? The answer is hidden in the tidings of the Industrial revolution.

In the late 18th century, when companies started to maximize the output of their factories, getting to running them 24/7 was key. Now of course, to make things more efficient, people had to work more. In fact, 10-16 hour days were the norm.

These incredibly long work days weren't sustainable and soon a brave man called Robert Owen started a campaign to have people work no more than 8 hours per day. His slogan was **"Eight hours labour, eight hours recreation, eight hours rest."**

It wasn't until much later that Ford actually implemented the 8 hour work day and changed the standards:

One of the first businesses to implement this was the Ford Motor Company, in 1914, which not only cut the standard work day to eight hours, but also doubled their worker's pay in the process. To the shock of many industries, this resulted in Ford's productivity off of these same workers, but with fewer hours, actually increasing significantly and Ford's profit margins doubled within two years. This encouraged other companies to adopt the shorter, eight hour work day as a standard for their employees.

So there we have it. The reason we work 8 hours a day, isn't scientific or much thought out. It's purely a century old norm for running factories most efficiently.

Manage energy not time: How long we work isn't important & the Ultradian Rhythm

Without wanting to fall into the same trap, it's time to ask a better question. How many hours we work every day is barely important in today's creative economy.

Instead, the right focus is your energy, according to famous author Tony Schwartz: "Manage your energy, not your time."

Schwartz explains that as humans we have four different types of energies to manage every day:

- Your physical energy — how healthy are you? (We've written about that part before)
- Your emotional energy — how happy are you?
- **Your mental energy — how well can you focus on something?**
- Your spiritual energy — why are you doing all of this? What is your purpose?

One of the things most of us easily forget is that as humans, we are distinctly different from machines. **At the core, this means that machines move linearly and humans move cyclically.**

For an efficient work day, that truly respects our human nature, the first thing to focus on are ultradian cycles.
The basic understanding is that **our human minds can focus on any given task for 90-120 minutes**. Afterwards, a 20-30 minute break is required for us to get the renewal to achieve high performance for our next task again. Here is a better representation of the ultradian rhythm:

So instead of thinking about "What can I get done in an 8 hour day," I've started to change my thinking to **"What can I get done in a 90 min session"**.

Now that we know we got to split everything in 90 min chunks, it's time to break down those 90 minutes sessions further.

The core of a productive work day: Focus

The one most crucial to understanding our workflows is how well we can focus. In a stunning research project Justin Gardner found that to actually focus on something our brain uses a 2-step process:

1.) **"Sensitivity enhancement":** It means you see a scene or setup and take all the information in that is presented. Then you focus in on what needs your attention. Kind of like "a blurry photo that slowly starts to come into focus", describes Lifehacker.

2.) **"Efficient selection":** This is now the actual zooming in on a task happens. This allows us to enter

into what Mihály Csíkszentmihályi calls "Flow" state. Now our actual work on a task happens.
The follow figure probably describes it best:

The key conclusion that Gardner suggests from his study is that we have to both:

- Stop multitasking to avoid being distracted in our work environment.
- Eliminate distractors even when only 1 task is present

Sounds fairly obvious right? And yet, getting it actually done every day is much easier said then done. The good news is that after all, we can even actually change our brain structure from learning to focus. Here are some hands on tips:

The top 4 tips for improving your work day:

For my daily workflow at Buffer, I've started to make 4 distinct changes to implement the above research better. Here is what worked the best:

- **Manually increase the relevance of a task**: Now, a lot of us still might struggle to find the focus, especially if no one set a deadline to it. Overriding your attention system, and **adding your own deadline together with a reward** has shown some of the most significant improvements for task completion according to researcher Keisuke Fukuda.
- **Split your day into 90 min windows:** Here is something I've started to do. Instead of looking at a 8, 6 or 10 hour work day, split it down and say you've got 4, 5 or however many 90 minute windows. That way you will be able to

have 4 tasks that you can get done every day much more easily.

- **Plan your rest so you actually rest:** "The fittest person is not the one who runs the fastest, but the one who has optimized their rest time." Says Tony Schwartz. A lot of the time, we are so busy planning our work day, that we forget about "how" to rest. Plan beforehand what you will do your rest. Here are some ideas: Nap, read, meditate, get a snack.
- **Zero notifications:** One of the best ideas I've ever had was to follow Joel"s advice on Zero Notifications. Having absolutely no counter on my phone or computer changing from 0 to 1 and always breaking my focus has been a huge help. If you haven't tried this yet, try to **turn off every digital element that could become an alert.**

  Personally, my life has been pretty much turned upside down after implementing these findings over the past few weeks. And I couldn't be happier. I get both more done and feel happier at the same time.

  Oh and as a follow-up post to this one, you might also enjoy "The science of how temperature and lighting impacts our productivity" as well as "The 4 elements of physical energy and how to master them."

The Social Personality

Man in his anxieties is prone to witch hunts.

All one has to do is designate "people wearing black caps" as the villains and one can start a slaughter of people in black caps.

This characteristic makes it very easy for the antisocial personality to bring about a chaotic or dangerous environment.

Man is not naturally brave or calm in his human state. And he is not necessarily villainous.

Even the antisocial personality, in his warped way, is quite certain that he is acting for the best and commonly sees himself as the only good person around, doing all for the good of everyone-the only flaw in his reasoning being that if one kills everyone else, none are left to be protected from the imagined evils. His *conduct* in his environment and toward his fellows is the only method of detecting either the antisocial or the social personalities. Their motives for self are similar-self-preservation and survival. They simply go about achieving these in different ways.

Thus, as man is naturally neither calm nor brave, anyone to some degree tends to be alert to dangerous persons and, hence, witch hunts can begin.

It is therefore even more important to identify the social personality than the antisocial personality. One then avoids shooting the innocent out of mere prejudice or dislike or because of some momentary misconduct.

The social personality can be defined most easily by comparison with his opposite, the antisocial personality.

This differentiation is easily done and no test should ever be constructed which isolates only the antisocial. On the same test must appear the upper as well as lower ranges of man's actions.

A test that declares only antisocial personalities without also being able to identify the social personality would be itself a suppressive test. It would be like answering "Yes" or "No" to the question "Do you still beat your wife?" Anyone who took it could be found guilty. While this mechanism might have suited the times of the Inquisition, it would not suit modern needs.

As the society runs, prospers and lives *solely* through the efforts of social personalities, one must know them as *they,* not the antisocial, are the worthwhile people. These are the people who must have rights and freedom. Attention is given to the antisocial solely to protect and assist the social personalities in the society.

All majority rules, civilizing intentions and even the human race will fail unless one can identify and thwart the antisocial personalities and help and forward the social personalities in the society. For the very word "society" implies social conduct and without it there is no society at all, only a barbarism with all men, good or bad, at risk.

The frailty of showing how the harmful people can be known is that these then apply the characteristics to decent people to get them hunted down and eradicated.

The swan song of every great civilization is the tune played by arrows, axes or bullets used by the antisocial to slay the last decent men.

Government is only dangerous when it can be employed by and for antisocial personalities. The end result is the eradication of all social personalities and the resultant collapse of Egypt, Babylon, Rome, Russia or the West.

You will note in the characteristics of the antisocial personality that intelligence is not a clue to the antisocial. They are bright or stupid or average. Thus, those who are extremely intelligent can rise to considerable, even head-of-state heights.

Importance and ability or wish to rise above others are likewise not indexes to the antisocial. When they do become important or rise, they are, however, rather visible by the broad consequences of their acts. But they are as likely to be unimportant people or hold very lowly stations and wish for nothing better.

Thus, it is the twelve given characteristics alone which identify the antisocial personality. And these same twelve reversed are the sole criteria of the social personality if one wishes to be truthful about them.

The identification or labeling of an antisocial personality cannot be done honestly and accurately unless one *also,* in the same examination of the person, reviews the positive side of his life.

All persons under stress can react with momentary flashes of antisocial conduct. This does not make them antisocial personalities.

The true antisocial person has a majority of antisocial characteristics.

The social personality has a majority of social characteristics.

Thus, one must examine the good with the bad before one can truly label the antisocial or the social.

In reviewing such matters, very broad testimony and evidence are best. One or two isolated instances determine nothing. One should search all twelve social and all twelve antisocial characteristics and decide on the basis of actual evidence, not opinion.

The twelve primary characteristics of the social personality are as follows:

1. **The social personality is specific in relating circumstances**. "Joe Jones said..." "*The Star* newspaper reported..." and gives sources of data where important or possible.

He may use the generality of "they" or "people" but seldom in connection with attributing statements or opinions of an alarming nature.

2. **The social personality is eager to relay good news and reluctant to relay bad**.

He may not even bother to pass along criticism when it doesn't matter.

He is more interested in making another feel liked or wanted than disliked by others and tends to err toward reassurance rather than toward criticism.

3. **A social personality passes communication without much alteration and if deleting anything tends to delete injurious matters**.

He does not like to hurt people's feelings. He sometimes errs in holding back bad news or orders which seem critical or harsh.

4. **Treatment and reform work very well on the social personality.**

Whereas antisocial people sometimes promise to reform, they do not. Only the social personality can change or improve easily.

It is often enough to point out unwanted conduct to a social personality to completely alter it for the better.

Criminal codes and violent punishment are not needed to regulate social personalities.

5. **The friends and associates of a social personality tend to be well, happy and of good morale**.

A truly social personality quite often produces betterment in health or fortune by his mere presence on the scene.

At the very least he does not reduce the existing levels of health or morale in his associates.

When ill, the social personality heals or recovers in an expected manner, and is found open to successful treatment.

6. **The social personality tends to select correct targets for correction.**

He fixes the tire that is flat rather than attack the windscreen.

In the mechanical arts he can therefore repair things and make them work.

7. **Cycles of action begun are ordinarily completed by the social personality, if possible.**

8. **The social personality is ashamed of his misdeeds and reluctant to confess them. He takes responsibility for his errors.**

9. **The social personality supports constructive groups and tends to protest or resist destructive groups.**

10. **Destructive actions are protested by the social personality. He assists constructive or helpful actions.**

11. **The social personality helps others and actively resists acts which harm others.**

12. **Property is property of someone to the social personality and its theft or misuse is prevented or frowned upon.**

The Basic Motivation

The social personality naturally operates on the basis of the greatest good.

He is not haunted by imagined enemies but he does recognize real enemies when they exist.

The social personality wants to survive and wants others to survive, whereas the antisocial personality really and covertly wants others to succumb.

Basically, the social personality wants others to be happy and do well, whereas the antisocial personality is very clever in making others do very badly indeed.

A basic clue to the social personality is not really his successes but his motivations. The social personality when successful is often a target for the antisocial and by this reason he may fail. But his intentions included others in his success, whereas the antisocial only appreciate the doom of others.

Unless we can detect the social personality and hold him safe from undue restraint and detect also the antisocial and restrain him, our society will go on suffering from insanity, criminality and war, and man and civilization will not endure.

Of all our technical skills in Scientology, such differentiation ranks the highest since, failing, no other skill can continue, as the base on which it operates-civilization-will not be here to continue it.

Do not smash the social personality-and do not fail to render powerless the antisocial in their efforts to harm the rest of us.

Just because a man rises above his fellows or takes an important part does not make him an antisocial

personality. Just because a man can control or dominate others does not make him an antisocial personality.

It is his motives in doing so and the consequences of his acts which distinguish the antisocial from the social.

Unless we realize and apply the true characteristics of the two types of personality, we will continue to live in a quandary of who our enemies are and, in doing so, victimize our friends.

All men have committed acts of violence or omission for which they could be censured. In all mankind there is not one single perfect human being.

But there are those who try to do right and those who specialize in wrong and upon these facts and characteristics you can know them.

The Three (3) Domains Of Learning

COGNITIVE; AFFECTIVE; AND PSYCHOMOTOR

It is important for teachers to ensure that the three (3) domains of learning which include cognitive (thinking), affective (emotions or feeling) and Psychomotor (Physical or kinesthetic) to be achieved. A holistic lesson developed by a teacher requires the inclusion of all the three domains in constructing learning tasks for students.

domain of characterization:

internalize values and let them control the behavior of the individual.

The cognitive domain:

aims to develop the mental skills and the acquisition of knowledge of the individual. This is the case where a student is able to explain an existing theory in his or her own words

Sub Domain:

knowledge; comprehension; application; analysis; synthesis; and evaluation.

The Affective Domain:

The affective domain includes the feelings, emotions and attitudes of the individual.

include receiving phenomena; responding to phenomena; valuing; organization; and characterization

Sub Domain:

The sub domain of receiving phenomena creates the awareness of feelings and emotions as well as the ability to utilize selected attention.

The next sub domain of responding to phenomena involves active participation of the learner in class or during group discussion (Cannon and Feinstein, 2005). Valuing involves the ability to see the worth of something and express it.

a learner to share their views and ideas about various issues raised in class. The ability of the student to prioritize a value over another and create a unique value system is known as organization. This can be assessed with the need to value one's academic work as against their social relationships.

The psychomotor domain:

utilizing motor skills and the ability to coordinate them.

sub domains:

perception; set; guided response; mechanism; complex overt response; adaptation; and origination.

Perception:

ability to apply sensory information to motor activity.

Set:

sub domain, involves the readiness to act upon a series of challenges to overcome them.

guided responses:

it includes the ability to imitate a displayed behavior or utilize a trial and error method to resolve a situation

mechanism:

ability to convert learned responses into habitual actions with proficiency and confidence.

Complex Overt responses:

explain the ability to skillfully perform complex patterns of actions.

Adaptability:

integral part of the domain which exhibits the ability to modify learned skills to meet special events.

Origination:

involves creating new movement patterns for a specific situation

Tiny Social Anxiety Hacks

Hacks To Make Your Daily Life Easier and Less Stressful

If you suffer from social anxiety (or you're just a very shy person), you've likely developed little ways to make your day a tad easier and less stressful, whether it's at school, work, home, or just out walking in public.
We all get socially overwhelmed sometimes, and in those situations it can be helpful to have "tiny hacks" to help you get by without causing a scene or going into full-on panic mode.

Here's a comprehensive list of these tiny social anxiety hacks so that people can use it as a resource to use when they feel too stressed or anxious during their everyday routine.

Many of these suggestions are common and obvious, while others are a bit more unique and creative. I decided to list *everything* I've discovered over the years (both from my personal life and stuff I've learned from others) so that nothing gets forgotten or overlooked.
While none of these are a cure-all for social anxiety, and they certainly don't replace doing the "deep work" needed to improve yourself, they are useful recommendations that you can easily apply to your daily life when you need them.

Here's a complete list of tiny social anxiety hacks. Hopefully you can find at least one or two that help you make your day just a tad easier to get through. (I plan to continue adding to this list as I discover more).

Tiny Social Anxiety "Hacks" to Make Your Daily Life Easier and Less Stressful

- Excuse yourself to restroom when you feel overwhelmed (give yourself a few minutes to re-energize)
- Take a moment to take 10 deep breaths before a social interaction to relax yourself
- Wear sunglasses out in public to help with eye contact (when appropriate)
- Brush your teeth before a big meeting or date (I feel more confident and "fresher" afterwards)
- Chew on gum (same "fresh" effects as above, also feels like something "to do" during a social interaction)
- Walk your dog or having your dog around when you go out (easy way to divert attention away from

yourself during conversations) [Check out: Why a Pet Can Help With Social Anxiety and Loneliness]

- Do something kind or give a compliment to take the focus off of yourself and onto helping others
- Visualize an "energy connection" with people (I sometimes picture a blue aura being connected between me and other people, and it makes me feel more connected to them)
- Remind yourself not to take negative comments personally ("They are just having a bad day!") [Check out: 7 Things to Remind Yourself When Dealing With Difficult People]
- Bring an extroverted friend with you to parties and social get-togethers (so they can do most of the talking for you)
- Wear headphones on the bus, train, plane, or while walking in public (so people don't bother you)
- Recognize that people are often more focused on themselves than you (everyone is worried about being judged) [Check out: How Your Imaginary Audience Feeds Into Social Anxiety and Insecurity]
- Make a conscious effort to find out the eye color of everyone you speak to (to help with improving your eye contact)
- When you feel a rush of anxiety, try to reframe it as excitement or motivation [Check out: The Hidden Power of Anxiety]
- If you feel people are watching you, think of them as "paparazzi" who are only watching you because you're so awesome
- If you take anxiety medication, be sure to bring them with you in-case you get unexpectedly overwhelmed

- Label your feelings in the moment to help yourself accept and "let go" of them [Labeling Negative Emotions Can Help You Overcome Them]

- Pretend no one is around you and do whatever you are doing as if you were completely by yourself
- Practice a quick 5 minute "self love" meditation before starting your day [Check out: Self-Love Meditation: Improve Feelings of Self-Worth in 5 Minutes]

- Look at your phone when walking by people in public (a way to seem busy or avoid eye contact)
- Read a book on the bus, train, or plane (another reason for people not to bother you)
- Remind yourself "this too shall pass" whenever you feel too anxious or overwhelmed
- Do a quick "power pose" before an important meeting or date (gives a quick boost of confidence) [Check out: Power Posing: Using Your Body to Improve Confidence and Reduce Stress]
- Say you have to make a private phone call outside to give yourself some alone time
- Repeat a positive affirmation to yourself 5 times inside your head before a social interaction (choose an affirmation that resonates with you and has an emotional impact) [Check out: 75 Affirmations for Self Improvement]
- Bring a stress ball or fidget spinner around so you having something to do with your hands at school or work
- Visualize a social interaction going really positively before you go into it to prepare your mind for a good

outcome [Check out: Imagining Positive Conversations Can Improve Trust and Cooperation]
- Take a moment to appreciate nature in your everyday environment to bring yourself in the present moment without worrying about people [Check out: Take a Moment to Appreciate Everyday Nature That is Right in Front of You]
- Actively schedule alone time throughout your day to re-energize yourself
- Come up with an "escape plan" (an excuse to leave) for a social situation if you feel it may become too overwhelming
- Play a version of the "Alphabet Game" to keep your mind occupied before you start over-thinking a social situation before you get into it [Check out: Play the Alphabet Game to Derail Negative Thoughts]

Keep in mind that these are all just suggestions, some of them will work for others and not necessarily work for you (and vice versa).

The point of compiling this list is to simply give you a wide-range of options of "tiny hacks" you could do throughout your day to make your life just a tad bit easier and less stressful. Some of these work best *before* you enter a social interaction, while others will make it easier for you *during* a social interaction.
Which of these do you already use throughout your daily life? Which ones do you think could be worth trying out?

I'm going to continue adding to this list as I discover more, so it might be a good idea to bookmark this page

for future reference. Also feel free to reach out to me on Twitter if you'd like to suggest some new ones!
While none of these things will magically cure your social anxiety, they can be helpful. Don't underestimate the little things you can do to make your social anxiety more manageable

How to Protect Your Energy

Tips for Sensitive People

A survival guide for empaths to stay grounded and centered.

Sensitive people or empaths have an ability to be emotional sponges that can heighten when they are at a social event, around co-workers, or in crowds. If empaths are around peace and love, their bodies assimilate these and flourish. Negativity, though, often feels assaultive or exhausting.

For empaths to fully enjoy being around others, they must learn to protect their sensitivity and find balance. Since I'm an empath, I want to help them cultivate this capacity and be comfortable with it.

I've always been hyper-attuned to other people's moods, good and bad. Before I learned to protect my energy, I felt them lodge in my body. After being in crowds I would leave feeling anxious, depressed, or tired. When I got home, I'd just crawl into bed, yearning for peace and quiet.

Here are six strategies to help you manage your sensitivity more effectively and stay centered without absorbing negative energy.

1. ***Move away.*** When possible, distance yourself by at least 20 feet from the suspected source. See if you feel relief. Don't err on the side of not wanting to offend anyone. At the gathering, try not to sit next to the identified energy vampire. Physical closeness increases empathy.

2. ***Surrender to your breath.*** If you suspect you are picking up someone else's negativity, concentrate on your breath for a few minutes. In contrast, holding your breath keeps negativity lodged in your body. To purify fear and pain, exhale stress and inhale calm. Picture unwholesome emotions as a gray fog lifting from your body, and wellness as a clear light entering it. This can produce quick results.

3. ***Practice Guerilla Meditation.*** Be sure to meditate before the gathering, centering yourself, feeling your heart. Get strong. If you counter emotional or physical distress while at an event, act fast and meditate for a few minutes. You can do this by taking refuge in the bathroom or an empty room. If it's public, close the stall. Meditate there. Calm yourself. Focus on positivity and love. This has saved me many times at social functions where I feel depleted by others.

4. ***Set healthy limits and boundaries.*** Control how much time you spend listening to stressful people, and learn to say "No." Set clear limits and boundaries with people,

nicely cutting them off at the pass if they get critical or mean. Remember, "No" is a complete sentence.

5. ***Visualize protection around you.*** Research has shown that visualization is a healing mind-body technique. A practical form of protection many people use, including health care practitioners with difficult patients, involves visualizing an envelope of white light around your entire body. Or with extremely toxic people, visualize a fierce black jaguar patrolling and protecting you.

6. ***Define and honor your empathic needs.*** Safeguard your sensitivities. In a calm, collected moment, make a list of your top five most emotionally rattling situations. Then formulate a plan for handling them so you don't fumble in the moment. Here are some practical examples of what to do in situations that predictably stymie empaths.

    - If someone asks too much of you, politely tell them "No." It's not necessary to explain why. As the saying goes, "No is a complete sentence."

    - If your comfort level is three hours max for socializing, even if you adore the people, take your own car or have an alternate transportation plan so you're not stranded.

    - If crowds are overwhelming, eat a high-protein meal beforehand (this grounds you) and sit in the far corner of, say, a theatre or party, not dead center.

- Some empaths are highly sensitive to scents, if you are overwhelmed, stand near a window or take frequent breaks to catch a breath of fresh air outdoors.

If all else fails and you absorb stress or negativity while at a gathering when you get home bathe or shower. My bath is my sanctuary after a busy day. It washes away everything from bus exhaust to long hours of air travel to pesky symptoms I have taken on from others. Soaking in natural mineral springs divinely purifies all that ails.

How To Be A Good Researcher

Top 10 Qualities Required To Be A Good Researcher

1. *An analytical mind*

"As a market researcher you are constantly analyzing a variety of factors. Why does the client ultimately want to do this research? What is the appropriate methodology? When should this research take place? What are the appropriate questions to ask and how? Why did the respondent say that? What are the findings telling us? Why are they telling us that? How do I best communicate the findings? etc. On a daily basis, researchers must be able to take a step back and analyze the situation presented to them. The obvious answer is not necessarily the right one" (Gareth Hodgson)

"You have to be able to see the bigger picture as well as the detail. People often find it easier to do one or the other- it is a skilled researcher that can do both simultaneously" (Richard Walker)

2. A people person

"This is important for clients –buyers of research would rather work with professional AND friendly consultants. Also for respondents – to get the best out of interview / focus group participants" (Richard Walker)

3. *The ability to stay calm*

"It can be really stressful as a researcher sometimes, especially when you have pressing deadlines or are experiencing problems with a data set, for example. When these situations occur, you just have to keep focused and think logically – there will always be an end point, even if it doesn't feel like it!" (Bethan Turner)

4. *Intelligence*

"Research requires critical analysis but most of all common sense" (Liz Brierley)

5. *Curiosity*

"You may have the necessary intelligence but if you are not curious enough then you won't be passionate about delving deeper to unearth more insight" (Anthony Shephard)

"At the end of the day, the role of a market researcher is to find out about other people's business and tell it to other people. To be a market researcher you have to have an inherent interest in what other people think (potentially about absolutely anything!), and the nosier you are, the greater depth of information you can extract" (Gareth Hodgson)

6. *Quick thinker*

"Things don't always go to plan so you need to be able to think fast" (Anthony Shephard)

7. Commitment

"It's a tough job – the hours can be long, the deadlines short" (Richard Walker)

8. *Excellent written and verbal communication skills*

"So different audiences can clearly understand the findings of the research and what it means for them" (Jo Iaconianni)

"You have to have excellent written communications and be fluent in the language of business" (Richard Walker)

9. *Sympathetic*

"Having a sympathetic ear when listening to some respondents' moans and groans is always a good skill to have!" (Liz Brierley)

10. *Systematic*

"Check, check and check again. It sounds simple but I've definitely learnt that building in a proper amount of time for checking your work always pays dividends. This can be applied to all parts of the research process" (Bethan Turner)

"Attention to detail – the ability to ensure that data is accurately presented and reported" (Anthony Shephard)

09 Bad Boy traits that will catch every humble

1. Bad boys have an opinion, and they don't fear to say it out loud.
2. Bad boys don't care what others think about them.
3. Bad boys have confident body language.
4. Bad boys are exciting, dangerous, and mysterious.
5. Bad boys know what they want and show it.

6. Bad boys don’t ask for permission.
7. Bad boys don’t fear rejection.
8. Bad boys talk honestly and show vulnerability.
9. Bad boys never pretend to like someone.

10 Ways to relax your mind when you're upset

1. Forgiving people in silence and never speaking to them again is a form of self-care.
2. Pretending to be someone else is disrespecting yourself. Be unique and be who you really are.
3. Notice the words you speak in your head to yourself. Be aware of your low quality and negative thoughts.
4. Focus on the quality of your circle rather than the number of people in it.
5. If you find yourself terrified in the face of challenges, stop and reframe your mind.
6. You must adapt to the ever changing tides of life.
7. Journaling is the antidote to cluttered mind.
8. Pay attention to your body. It can protect you from physical, mental and emotional harm.
9. Have patience. Be willing. Be able to change.
10. Emotions should be shared, not feared. Have boundaries but build trust first.

Some Signs Of A Weak Man In A Relationship

1. He's overly concerned with appearances.
2. He doesn't keep his word.
3. He doesn't make you feel safe.
4. He's a terrible listener.
5. He doesn't defend you.
6. He doesn't love himself.
7. He's competitive with you.
8. He's only intimate during sex.
9. He never considers the future.
10. He's pompous around your colleagues.
11. He's rude to servers.
12. He's passive-aggressive.
13. He blames you for everything.
14. He makes terrible decisions.
15. He's conflict avoidant to a fault.

10 Mind-blowing facts about social psychology

1. People tend to believe only what they want to believe, unintentionally.
2. We perform better when people have high expectations for us.

3. Dressing well could also help in keeping you stable and happy.
4. Humans now have a shorter attention span than a gold fish. People now lose concentration after 8 seconds.
5. People will always, always, always find a problem. So when one problem resolves, another one takes its place.
6. 70% of our dreams contain secret messages. They carry more weight and meaning than your conscious thoughts.
7. We like people better when they act the same way we do.
8. 90% of people text things they can't say in person.
9. In a conversation, when someone is interested, their feet would point towards you.
10. We remember bad news more than good because of a "negativity bias". It takes 5 positive things to outweigh a single negative thing.

10 Powerful Behaviors of a Confident Person

1. Quiet self-assuredness you can sense from a mile away. The way they carry themselves is the manifestation of confidence itself. You can just feel it in the air.

2. They don't have to brag about their talents, strengths, and successes. You can simply see all of it yourself.
3. Not desperate for anyone's acknowledgment or approval. Confident people know that not everyone will like them, so it's not in their nature to change themselves just to please others.
4. Playing fair. Although there are some confident people who might step on someone just to get ahead of them, the majority of confident people don't need to use such unethical tactics to reach their goals because they know they are better than that.
5. Being respectful. They don't have to put others down to elevate themselves. They already know their worth and will never make someone else feel worthless, either.
6. They are charming and charismatic. It's not that they necessarily look like supermodels cropped out of fashion magazines. Rather, they have an alluring personality that makes them very pleasant to talk to.
7. Acknowledging someone's effort/job done well. Confident people understand the importance of praising someone when they deserve it.

8. Complimenting others. Unless the person is a walking red flag, confident people can easily find something to compliment others for.
9. Giving themselves a chance. They don't harshly criticize and insult themselves after every failure and mistake. Rather, they pick themselves up and keep trying until they succeed.
10. Working on themselves is their lifelong priority. Confident people greatly value self-improvement, so they are always trying to make themselves a better version of themselves in one way or the other.

What are some rules to become a gentleman?

1. If you make a mistake, own up to it and take responsibility for your actions.
2. If you make a promise, keep it. Be independent and trustworthy.
3. Rejection is a part of life, and it's essential to learn to handle it with grace and resilience.
4. Be willing to learn and grow, and keep an open mind to new ideas and perspectives.
5. Treat others with respect. Show respect to everyone you encounter.
6. Take care of your appearance. Practice good hygiene and dress appropriately for the occasion.
7. Listen actively and attentively when others speak, and try to understand their perspective.

8. Learn to take care of yourself and your responsibilities without relying on others.
9. Don't be afraid to ask for help when you need it.

Being Alone is Good for Spiritual Development

Be very selective with who you relate with. The more choosy you are in life, the more the universe will give you exactly what you desire. Using the power of choice expresses who we are as creators of our perfect reality. The reason why you have been experiencing unfulfilling interactions with people is because you have the wrong idea that you have to unconditionally accept everyone who comes your way. The truth is you have to reject people who are not best for you in order to accept only the best.

You show the wisest kind of love to people who are not right for you by choosing not to relate with them, because that results in the highest good for all. For any good to occur between two people when they interact, there must be a positive exchange of energy. When one party gives and the other party cannot receive, then the relationship is useless. Loving with wisdom means you stay away from the wrong people and let them be on their way until they are ready or worthy for you to relate with in divine time.

The most important thing you can do for yourself is to keep moving upwards on your spiritual path. Never let your desire to help those around you who are not ready,

to take you off your path, because that would not be for the highest good of all. Your own consciousness influences the collective consciousness of the world. Therefore, by raising your own consciousness as far as you can, you indirectly benefit the rest of the world. Which is better than futilely trying to help those around you who aren't ready.

Why everyone need to keep their life private?

1. When you build in silence, people won't know what to attack.
2. People will want to know more about you when you talk less about yourself.
3. People don't care so much about you. They only care on what you can offer.
4. The less you share, the less likely people will be in your personal life.
5. You'll slowly stop caring about people's opinion on you.
6. You won't have to seek validation to do what feels right for you.
7. If everyone is your friend, you've a problem. You can't trust anyone with personal information.
8. You'll attract peace into your life. You'll experience less drama, toxic energy and more time alone.
9. The real flex is being private, staying low-key and telling no one about your life.

10. It'll be 10x easier to walk some paths alone to achieve your personal goals.
11. Privacy teaches you independence and how to connect with people on a deeper level.
12. Everyone leaves. You'll learn how to be alone and not feel lonely.

7 Bitter Facts You Must Know

1. **Going to school doesn't equip you for your career**. Your personal actions and determination in knowing more are what earns you everything you need to excel.
2. **More than 50% of people are scared to cut irrelevant people out of their life** due to the fear of what such "people" will think about them later, and the truth is: ***It Doesn't Matter.***
3. **Your Instinct is always right**. You feel it's not 100% reliable because people made you believe so.
4. **The only path to success is to take action**. Believe me nothing will begin to manifest if you haven't taken action.
5. **Aliko Dangote is a billionaire but would find it hard to give you a dollar if you don't have anything to offer**. Men are only appreciated when they have something to offer. Don't believe me? Ask someone who just got broke.
6. **Life is constantly changing**. 400 years ago, a rich could give a poor man a huge sum of money to start a business and the poor man will

establish himself. Nowadays, the case isn't the same. It's the reason people are adapting to the changes, to avoid being on the losing end. But you can bring back and even improve the good old days.

7. Even me writing this is not perfect. We only try to be.

Doing Work that Allows Creative Self Expression

If you started doing something just for the pure joy of doing it and then achieved a certain amount of money and success with it later on, why start allowing money and success to determine your happiness? There are people who make the mistake of doing so. They once did something out of pure passion, and then later they changed what they were doing after they had succeeded in order to make even more money or achieve more success with it. They wonder why they started to lose their former joy.

You must return back to your first love which is your pure creative self-expression. Sing, dance, paint, write, talk or perform like you don't need the money. Always know that as long as you are able to do what you love while making enough money to sustain yourself at it, then that is all you need. You can seek to create more wealth and success through doing what you love, but never let the pursuit of wealth and success overtake the pursuit of your pure passion. If you have to make less, then it's just

fine.

The ultimate aim of life is freedom, and it is the freedom to do what you want, and especially what you want to do most which is your creative self-expression. Having more money may bring you greater freedom to do what you want, but if you have to sacrifice doing what you want most to be able to do other things that you want, then you are creating less freedom instead of more. Freedom is a holistic thing and you are most free when you can make money doing exactly what you want and in the way you live.

How to avoid being attracted to the colors and glitter of the world?

Avoiding attraction to the colors and glitter of the world, metaphorically speaking, often refers to the desire to minimize distractions, materialism, or superficial aspects of life. Here are some suggestions:

1. Define Your Values:

- Clarify your core values and what truly matters to you. This will help you focus on what is meaningful rather than being swayed by external appearances.

2. Mindfulness Meditation:

- Practice mindfulness to develop awareness and learn to detach from external stimuli. Meditation can help you cultivate a more balanced and centered mindset.

3. Simplify Your Life:

- Declutter your physical and mental space. Eliminate unnecessary possessions and commitments to create a more minimalist lifestyle.

4. Limit Exposure to Materialism:

- Reduce exposure to advertising, social media, and other sources that promote materialistic values. Unfollow accounts that focus on excessive consumerism.

5. Gratitude Practice:

- Cultivate gratitude for what you have. Regularly reflecting on the positive aspects of your life can shift your focus away from external, superficial attractions.

6. Set Clear Goals:

- Establish specific, meaningful goals for yourself. Knowing what you are working towards can help you stay focused and resist the allure of distractions.

7. Develop Inner Contentment:

- Work on finding contentment within yourself rather than seeking it through external sources. This often involves self-reflection and acceptance.

8. Connect with Nature:

- Spend time in nature to reconnect with simplicity and appreciate the beauty of the natural world. This can provide a refreshing perspective and help ground you.

9. Practice Gratitude:

- Regularly express gratitude for the simple things in your life. This can shift your focus away from external appearances and foster a deeper sense of fulfillment.

10. Surround Yourself with Like-minded People:

- Build relationships with people who share similar values. Having a supportive community can reinforce your commitment to a more meaningful and less superficial lifestyle.

Remember that it's okay to appreciate beauty and enjoy the colors of the world, but the key is to maintain a healthy balance and not let external distractions dominate your thoughts and actions.

How Colors Effects Human Mood?

Color psychology is the study of how colors can affect human behavior, emotions, and mental processes. It explores the psychological and emotional impact that different colors can have on individuals. While color preferences can be subjective and influenced by cultural and personal factors, there are some general associations between colors and emotions that are often observed across diverse populations.

Here are some common associations between colors and emotions:

1. Red: Often associated with strong emotions such as passion, love, and excitement. It can also evoke a sense of urgency or intensity.

2. Blue: Generally linked to calmness, serenity, and tranquility. It can also be associated with productivity and focus.

3. Yellow: Often associated with positivity, energy, and happiness. Yellow can be uplifting and attention-grabbing.

4. Green: Commonly associated with nature, growth, and harmony. It can have a calming and refreshing effect.

5. Purple: Often associated with luxury, creativity, and spirituality. Darker shades can be linked to sophistication and mystery.

6. Orange: Represents warmth, energy, and enthusiasm. It can be attention-grabbing and convey a sense of vitality.

7. Pink: Generally associated with femininity, sweetness, and compassion. Lighter shades of pink can evoke a sense of calmness.

8. Brown: Often linked to stability, reliability, and warmth. It can also convey a sense of earthiness.

9. Black: Commonly associated with sophistication, elegance, and power. It can also be linked to mystery and formality.

10. White: Represents purity, cleanliness, and simplicity. It can convey a sense of openness and clarity.

The impact of color on mood and psychology can be influenced by personal experiences, cultural backgrounds, and individual preferences. Moreover, color can be used intentionally in various settings, such as marketing, interior design, and branding, to evoke specific emotional responses or convey certain messages.

For example, in marketing, companies often choose colors for their logos and branding materials based on the emotions they want to associate with their products or services. In interior design, certain colors may be used to create specific atmospheres within spaces, such as calming colors in bedrooms or vibrant colors in social areas.

Getting In Control Of Your Emotions And Thoughts

Getting in control of your emotions and thoughts is a process that often involves self-awareness, mindfulness, and the development of certain skills. Here are some strategies that may help you gain better control over your emotions and thoughts:

1. Self-Awareness:

- Mindfulness Meditation: Practice mindfulness to become more aware of your thoughts and emotions

without judgment. Regular meditation can help you observe your thoughts and feelings without getting overwhelmed by them.

- **Journaling:** Keep a journal to track your thoughts and emotions. This can help you identify patterns and triggers, allowing you to address them more effectively.

- **Emotional Intelligence:** Develop emotional intelligence by understanding and recognizing your emotions. Identify the underlying causes of your emotions and consider how they may be influencing your thoughts and behaviors.

2. Cognitive Restructuring:

- **Challenge Negative Thoughts:** Practice identifying and challenging negative or irrational thoughts. Replace them with more balanced and positive perspectives.

- **Cognitive Behavioral Therapy (CBT):** Consider seeking the help of a mental health professional who can guide you through cognitive-behavioral techniques to change negative thought patterns.

3. Mind-Body Connection:

- **Regular Exercise:** Physical activity can have a positive impact on your mood and stress levels. Engaging in regular exercise promotes the release of endorphins, which are known as "feel-good" hormones.

- **Healthy Lifestyle:** Maintain a balanced and healthy lifestyle. Ensure you get enough sleep, eat a nutritious

diet, and avoid excessive consumption of substances like alcohol and caffeine.

4. Stress Management:

- **Relaxation Techniques:** Practice relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to manage stress and calm your mind.

- **Time Management:** Organize your time effectively to reduce feelings of overwhelm. Prioritize tasks and break them into smaller, more manageable steps.

5. Social Support:

- **Talk to Others:** Share your thoughts and emotions with friends, family, or a mental health professional. Sometimes, simply expressing your feelings can provide relief.

- **Build a Support System:** Surround yourself with positive and supportive people who can offer encouragement and perspective.

6. Goal Setting:

- **Set Realistic Goals:** Break down larger goals into smaller, achievable tasks. This can help you maintain a sense of control and accomplishment.

- **Focus on What You Can Control:** Concentrate on aspects of your life that you can control, and accept that there will be factors beyond your control.

7. Mindful Breathing:

- Deep Breathing: Practice deep breathing exercises to calm your nervous system. Focus on slow, deliberate breaths to center yourself in the present moment.

8. Seek Professional Help:

- If your emotions and thoughts are significantly impacting your well-being, consider seeking the assistance of a mental health professional, such as a therapist or counselor.

Remember, gaining control over your emotions and thoughts is a gradual process that requires patience and consistent effort. It's also important to be compassionate with yourself as you navigate through challenges.

What Could Be The Price Of Success

The price of success in current times can vary significantly depending on individual circumstances, goals, and the definition of success. Here are some factors that individuals may consider when thinking about the potential costs of success:

1. Time Commitment:

- Success often requires a substantial investment of time. Long working hours, dedication to projects, and the pursuit of excellence may lead to time away from other aspects of life, including leisure and family.

2. Personal Sacrifices:

- Achieving success may involve making personal sacrifices. This could include missing social events, sacrificing hobbies, or putting off personal goals in favor of professional ones.

3. Financial Investment:

- Success may require financial investments, such as education, training, or starting a business. It's important to weigh the potential returns against the costs.

4. Health and Well-Being:

- The pursuit of success can sometimes lead to stress, burnout, and neglect of physical and mental well-being. It's essential to find a balance that promotes both success and overall health.

5. Relationships:

- Building a successful career or achieving personal goals may impact relationships. It's important to communicate and find a balance that supports both professional and personal connections.

6. Risk-Taking:

- Success often involves taking calculated risks. Whether in business, entrepreneurship, or personal development, taking risks can be part of the journey toward success.

7. Learning and Growth:

- Success often requires continuous learning and personal development. This may involve investing time and effort in acquiring new skills, staying updated with industry trends, and adapting to change.

8. Flexibility and Adaptability:

- Success may demand flexibility and the ability to adapt to changing circumstances. This adaptability may require a willingness to step out of one's comfort zone and embrace new challenges.

9. Ethical Considerations:

- The pursuit of success may sometimes present ethical dilemmas. Individuals may face decisions that challenge their values, and navigating these situations with integrity can be a part of the price of success.

10. Work-Life Balance:

- Maintaining a healthy work-life balance can be challenging in the pursuit of success. It's crucial to establish boundaries and prioritize self-care to prevent burnout.

11. Public Scrutiny:

- Success, especially in the public eye, may subject individuals to scrutiny and criticism. Handling public attention and maintaining a positive public image can be a part of the price of success.

It's important to note that the price of success is subjective, and individuals may prioritize different

aspects of their lives. Striking a balance between achieving success and maintaining overall well-being is key. Success should ideally be pursued in a way that aligns with one's values, personal goals, and a sense of fulfillment.

Strategies To Resist Immediate Gratification

strategies to ignore or resist immediate gratification, where someone resists the impulse to seek short-term rewards for the sake of long-term goals, then here are some strategies:

1. Set Clear Goals:

- Clearly define your long-term goals. Knowing what you're working toward can help you resist the temptation of immediate gratification that may derail your progress.

2. Create a Plan:

- Develop a detailed plan outlining the steps you need to take to achieve your goals. This can serve as a roadmap, making it easier to stay focused on the bigger picture.

3. Prioritize Tasks:

- Prioritize your tasks based on their importance and relevance to your long-term goals. This can help you stay on track and avoid getting sidetracked by less important, immediate rewards.

4. Practice Delayed Gratification:

- Purposefully delay rewards or indulgences. This practice helps build self-discipline and reinforces the idea that delaying gratification can lead to more significant, long-term benefits.

5. Create Accountability:

- Share your goals with friends, family, or a mentor who can help hold you accountable. Knowing that others are aware of your objectives can provide additional motivation to resist immediate gratification.

6. Visualize Success:

- Create a mental image of your success. Visualizing the positive outcomes associated with achieving your long-term goals can strengthen your resolve to resist short-term temptations.

7. Establish Rewards for Milestones:

- Break down your long-term goals into smaller, manageable milestones. Reward yourself when you reach these milestones, but ensure that the rewards align with your overall objectives.

8. Build Healthy Habits:

- Replace instant gratification activities with healthier habits. For example, if you're tempted to indulge in unhealthy snacks, replace them with nutritious options.

9. Develop Emotional Awareness:

- Pay attention to your emotions and triggers that lead to seeking immediate gratification. Developing emotional awareness can help you address the root causes and find healthier coping mechanisms.

10. Mindfulness and Meditation:

- Practice mindfulness to stay present and focused on your goals. Meditation can help you build awareness and improve your ability to resist impulsive behavior.

11. Create a Supportive Environment:

- Surround yourself with a positive and supportive environment. Limit exposure to situations that might trigger impulses for immediate gratification.

12. Reflect on Consequences:

- Consider the potential consequences of giving in to immediate gratification. Reflecting on the negative outcomes can serve as a deterrent.

13. Learn from Setbacks:

- If you do give in to immediate gratification occasionally, view it as a learning opportunity. Understand what led to the lapse and use it to strengthen your resolve moving forward.

Remember, building the ability to resist immediate gratification is a skill that takes time and practice. Be patient with yourself, and celebrate the progress you make along the way.

The Psychology Of Money and Applied Knowledge of it

The psychology of money refers to the complex interplay between psychological factors and financial behaviors. It explores how our beliefs, attitudes, emotions, and cognitive processes influence the way we earn, spend, save, invest, and generally manage our finances. Understanding the psychology of money is essential for making informed financial decisions and addressing issues related to personal finance. Here are some key aspects of the psychology of money:

1. Money Beliefs and Attitudes:

- Our beliefs and attitudes about money are often shaped by various factors, including upbringing, cultural influences, and personal experiences. These beliefs can influence our financial habits, decisions, and overall financial well-being.

2. Emotional Impact:

- Money is often tied to emotions. Financial decisions can evoke feelings of stress, anxiety, happiness, or satisfaction. Understanding and managing these emotions is crucial for making rational financial choices.

3. Risk Tolerance:

- Individual tolerance for financial risk varies. Some people are more comfortable with risk-taking, while others prefer stability and security. Recognizing your risk

tolerance can impact investment decisions and financial strategies.

4. Behavioral Economics:

- Behavioral economics examines how psychological factors influence economic decision-making. Concepts such as loss aversion, mental accounting, and decision biases provide insights into why individuals may deviate from rational economic behavior.

5. Delayed Gratification:

- The ability to delay gratification, or the willingness to forgo immediate rewards for larger, future gains, is a key aspect of financial success. Individuals who struggle with delayed gratification may face challenges in building wealth and achieving long-term financial goals.

6. Money Scripts:

- Money scripts are deep-seated beliefs about money often formed during childhood. These scripts can be positive or negative and shape financial behaviors. Identifying and challenging unhelpful money scripts can lead to more adaptive financial behaviors.

7. Financial Self-Efficacy:

- Financial self-efficacy refers to an individual's belief in their ability to manage financial matters successfully. Higher levels of financial self-efficacy are associated with better financial outcomes and a greater sense of control over one's financial life.

8. Status and Social Comparison:

- Money is sometimes linked to social status, and individuals may engage in social comparison based on their financial standing. Understanding how these comparisons influence financial decisions can help mitigate the impact of societal pressures.

9. Financial Goal Setting:

- Setting clear financial goals is a psychological process that involves envisioning desired outcomes, creating plans, and developing the motivation to work towards those goals. Well-defined goals provide a sense of purpose and direction.

10. Impulse Control:

- Impulse control is crucial for avoiding spontaneous and potentially detrimental financial decisions. Developing strategies to manage impulses and make thoughtful financial choices is a key component of financial well-being.

11. Financial Therapy:

- Financial therapy is an emerging field that recognizes the psychological aspects of financial issues. It combines therapeutic techniques with financial guidance to address the emotional and behavioral aspects of money management.

Understanding the psychology of money can empower individuals to make more informed and effective

financial decisions. Whether it's overcoming financial fears, addressing unhealthy spending habits, or improving financial literacy, the psychological aspects of money play a significant role in shaping our financial lives.

Applied Psychology Of Money To Make More Money

Applying the knowledge of the psychology of money can indeed be beneficial for making more informed financial decisions and potentially increasing your wealth. Here are some practical ways to leverage the psychology of money to your advantage:

1. Understand Your Money Mindset:

- Identify your money beliefs, attitudes, and behaviors. Understanding your psychological relationship with money allows you to recognize potential biases and make conscious decisions aligned with your financial goals.

2. Set Clear Financial Goals:

- Use your understanding of goal setting and motivation to set clear, realistic financial goals. Break down larger goals into smaller, achievable steps, and create a plan to reach them.

3. Develop Financial Discipline:

- Apply principles from behavioral economics to cultivate financial discipline. Recognize and manage common behavioral biases, such as impulsivity or loss aversion, to make more rational financial decisions.

4. Build Financial Literacy:

- Continuously educate yourself about personal finance. Knowledge is a powerful tool in making informed decisions. Stay informed about investment options, tax strategies, and other financial topics to optimize your financial decision-making.

5. Leverage the Power of Habit:

- Use the psychology of habits to build positive financial behaviors. Establish routines for saving, budgeting, and investing, making these actions a consistent part of your financial life.

6. Automate Savings and Investments:

- Leverage automation to facilitate positive financial habits. Set up automatic transfers to your savings or investment accounts. Automation helps ensure consistency and eliminates the need for active decision-making.

7. Cultivate a Growth Mindset:

- Embrace a growth mindset, recognizing that your financial situation can improve with effort and learning. Approach financial challenges as opportunities to grow and enhance your financial well-being.

8. Seek Professional Advice:

- Consider consulting with financial professionals who understand the psychology of money. Financial advisors or planners can provide personalized guidance, taking into account both your financial goals and psychological factors.

9. Manage Debt Wisely:

- Understand the psychological impact of debt and work on managing it effectively. Develop a plan to reduce high-interest debt, and avoid accumulating unnecessary debt that may lead to financial stress.

10. Embrace Delayed Gratification:

- Practice delayed gratification to prioritize long-term financial goals over short-term desires. This may involve making sacrifices today for a more secure financial future.

11. Negotiate Effectively:

- Apply negotiation skills to financial transactions. Whether negotiating a salary, a purchase, or a financial agreement, understanding the psychological aspects of negotiation can lead to better outcomes.

12. Monitor and Reflect:

- Regularly monitor your financial progress and reflect on your decisions. Use both successes and setbacks as learning opportunities to refine your financial strategies and improve decision-making.

13. Build Resilience:

- Develop emotional resilience to navigate financial challenges. The ability to bounce back from setbacks, coupled with a positive attitude, can contribute to long-term financial success.

By integrating the principles of the psychology of money into your financial decision-making, you can enhance your overall financial well-being and work towards building wealth in a way that aligns with your values and goals.

Strategies To Develop Self-Esteem

Building and developing self-esteem is a gradual process that involves self-reflection, positive affirmations, and taking constructive actions. Here are some strategies to help you develop and enhance your self-esteem:

1. Positive Self-Talk:

- Be mindful of your inner dialogue. Replace negative thoughts with positive affirmations. Challenge self-critical beliefs and focus on your strengths and achievements.

2. Set Realistic Goals:

- Set achievable and realistic goals for yourself. Celebrate small victories and use them as stepping stones to larger objectives. Success breeds confidence.

3. Identify and Challenge Negative Beliefs:

- Identify negative beliefs you hold about yourself and challenge them. Ask yourself if these beliefs are based on facts or unfounded assumptions.

4. Accept Compliments:

- Learn to accept compliments graciously. Acknowledge and internalize positive feedback rather than dismissing it.

5. Surround Yourself with Positivity:

- Spend time with positive and supportive people. Surrounding yourself with individuals who uplift and encourage you can positively impact your self-esteem.

6. Practice Self-Compassion:

- Treat yourself with the same kindness and compassion you would offer a friend. Understand that everyone makes mistakes, and these do not define your worth.

7. Take Care of Your Physical Health:

- Engage in regular exercise, maintain a balanced diet, and get enough sleep. Physical well-being is connected to mental and emotional well-being.

8. Develop Your Skills:

- Focus on developing your skills and talents. Continuous learning and improvement can boost confidence and self-esteem.

9. Celebrate Achievements:

- Celebrate your accomplishments, no matter how small. Keep a journal of your achievements and revisit them when you need a confidence boost.

10. Set Boundaries:

- Learn to set and maintain healthy boundaries. Saying "no" when necessary and prioritizing your well-being contributes to a positive self-image.

11. Volunteer or Help Others:

- Contributing to the well-being of others can give you a sense of purpose and accomplishment, positively impacting your self-esteem.

12. Mindfulness and Meditation:

- Practice mindfulness and meditation to stay present and reduce stress. Mindful awareness can help you observe negative thoughts without becoming overwhelmed by them.

13. Seek Professional Help:

- If low self-esteem is significantly impacting your life, consider seeking support from a mental health professional. Therapy can provide tools and strategies to address underlying issues.

14. Challenge Perfectionism:

- Understand that perfection is unattainable. Embrace the idea that making mistakes is a part of the learning process, and it does not diminish your worth.

15. Express Yourself:

- Find healthy ways to express yourself, whether through art, writing, or other creative outlets. Expressing your thoughts and emotions can be cathartic and empowering.

Remember that building self-esteem is an ongoing process, and it's okay to seek support from others along the way. Be patient with yourself and celebrate the progress you make in your journey toward developing a healthier self-esteem.

What is the weirdest psychological fact you know?

- Walking through a doorway causes memory lapses, which is why we walk into another room, only to **forget** why we did.
- You can tell if you are dreaming or not by looking around for clocks. *Clocks will never be in dreams*.
- If you tear the paper off your drink bottles, You're sexually frustrated (It's not necessary, some people do it out of boredom.)
- **Creative** people tend to be both i.e an extrovert as well as an introvert.
- The things we don't like about other people usually remind us of the things we don't like about ourselves.

- Sandwiches taste better when someone else makes them *because when you make your own, you anticipate its taste and become less hungry for it.*
- Your personality affects the way you smell.
- All emotional pain lasts twelve minutes. *Anything longer is self-inflicted. (This fact is not proven yet)*
- We're more attracted to an individual with bigger eyes.
- You can get to know a lot about a person just by listening to their favorite song!
- *Watching horror movies actually burns more **calories** than any other genre.*
- Just because someone desires you, does not mean they **value** you.
- Your brain and stomach are in constant contact with each other which is why some emotions affect our stomachs physically, *especially distress.*

What are the best one-minute life hacks?

1. Flip Your Burger Before Eating It. This decreases the chances of everything falling out the sides as it will press down on the loose items.

2. Put Water In A Glass, Not A Bottle. Our mind does not like unfinished things, so by putting water in a glass

you are more likely to finish it and drink more throughout the day.

3. Get A Song Out Of Your Head By Singing The End. By the same reason as mentioned above you can easily get songs unstuck by singing the last line of the song.

4. Take Better Breaks. Sit back in your chair and turn it around. Do not get up, do some conscious breaths and sit there for 45 seconds. That is all the time you need to get recharged.

5. "Just One More...". When you are at your limit at work or when exercising repeat this sentence in your head "Just one more set/rep/block of 15 minutes of work/etc." This will put your brain in the mindset of being done soon and you will get more work done. Sometimes you can even do it more than once.

6. Smile At Strangers. A simple smile can make someone's entire week. Just because you smiled at them when they needed it most. This does not require any work and you do not even have to talk to them. *Just smile.*

What are some psychological facts that people don't know?

1. If a person speaks less, but speak fast, they keeps secrets.
2. When someone says I hate you, it really means "you hurt me".
3. If we cook when we are hungry, our hunger will automatically decrease.
4. 70% of people will not show interest in success if we tell them about it.
5. We can forget about daily activities when we fall in love.
6. Having eye contact for more than 6 seconds without looking away or blinking reveals a desire for either sex or murder.
7. Most of the people hate their own voice on video or on a phone call.
8. Being able to instantly respond with sarcasm to a silly question is a sign of a healthy brain.
9. You can fool your mind into thinking that you are happy and smiling if you put a pencil in between your teeth.
10. People who love black color have the most colorful minds.

Increase Positive Energy for Easier Manifesting

The amount of energy you focus on your chosen goals makes a difference in how quickly and easily you achieve them. It is easier to achieve a goal when your energy is strong and focused. Feeling happy, excited, joyful, proud and enthusiastic sets up a positive energy field, which

brings you more of the same feelings. Positive feelings increase your stamina, and result in a feeling of wellbeing. To make your manifesting as easy as possible, you'd want to increase the amount of positive energy you have.

You should also identify the sources of positive energy in your life and seek to increase them. Ask yourself who recognizes your accomplishments, and enthuses with you? Who supports you in thinking big? Who gives you what you ask for easily and joyfully? Which friends energize you? Once you have identified the people and sources that energize you positively and negatively, you can decrease the negative factors and increase the positive ones. This raises the amount of energy available for achieving.

If you want to have a positive energy field, you must avoid negative programming. Pictures, thoughts and feelings that are repeated over and over get accepted by your subconscious as goals to be achieved. Your subconscious can be programmed negatively without you being consciously aware of it. The truth is negative programming is everywhere. You've to become aware of the ways unconscious programming occurs during your everyday activities. The more conscious you are the more power you have.

How Psychology Of Money Affect The Social And Religious Psychology?

The psychology of money can have significant impacts on both social and religious psychology. Here are some ways in which it may influence these aspects:

Social Psychology:

1. Social Status and Identity:

- Money often plays a crucial role in determining social status. People may derive a sense of identity and self-worth from their financial standing in society. This can influence how individuals perceive themselves and how they are perceived by others.

2. Inequality and Social Tensions:

- Economic disparities can lead to social tensions and contribute to feelings of resentment and injustice. Widening gaps between the rich and poor may affect the overall social cohesion, potentially leading to conflicts and social unrest.

3. Consumerism and Social Comparison:

- The psychology of money is closely tied to consumerism. Individuals may engage in conspicuous consumption to signal social status. This constant comparison with others based on material possessions can impact self-esteem and social relationships.

4. Generosity and Social Capital:

- The way people handle their wealth can influence social relationships. Acts of generosity, charity, or philanthropy contribute positively to social capital, fostering a sense of community and interconnectedness.

Religious Psychology:

1. Values and Ethics:

- Many religions have specific teachings on wealth, greed, and generosity. The psychology of money can either align with or conflict with religious values. For example, some religions emphasize the importance of charity and using wealth for the greater good.

2. Materialism and Spiritual Well-being:

- Excessive focus on wealth and material possessions can be at odds with spiritual well-being as promoted by various religious traditions. Religious teachings often encourage detachment from materialism and emphasize spiritual fulfillment.

3. Stewardship and Responsibility:

- Some religions emphasize the concept of stewardship, viewing individuals as caretakers of resources rather than owners. This perspective can shape attitudes towards money, influencing decisions related to spending, saving, and investing.

4. Community and Fellowship:

- Religious communities often provide social support networks. The psychology of money can impact these communities by influencing attitudes towards financial assistance, communal sharing, and support for those in need.

5. Prosperity Theology:

- In some religious contexts, there is a belief known as prosperity theology, which suggests a positive relationship between faith and financial success. The psychology of money in such cases may intertwine with religious beliefs about divine favor and material prosperity.

In summary, the psychology of money has profound implications for both social and religious aspects of human life. It shapes individual and collective attitudes, behaviors, and relationships, influencing how people perceive themselves, interact with others, and engage with broader societal and religious values.

Some more about above Topic…

The psychology of money can have significant impacts on both social and religious psychology, as it intersects with individuals' beliefs, values, and behaviors. Here are some ways in which the psychology of money influences social and religious aspects:

1. Social Status and Identity:

- Money often plays a crucial role in determining social status. Individuals may derive their identity and self-worth from their financial success or failure.

- In some societies, the pursuit of wealth and material success is highly valued, and individuals may judge others based on their financial achievements. This can lead to social stratification and the creation of distinct social classes.

2. Social Inequality:

- Economic disparities can contribute to social inequality. The way wealth is distributed in a society can affect perceptions of fairness and justice.

- Societies with high levels of income inequality may experience social tension, resentment, and even unrest, as individuals may feel marginalized or disadvantaged.

3. Consumerism and Materialism:

- The psychology of money is closely tied to consumerism and materialism. The desire for material possessions and a high standard of living can impact societal values and priorities.

- Relentless pursuit of wealth and possessions may lead to a society where the accumulation of material goods is prioritized over spiritual or community values.

4. Charitable Giving and Philanthropy:

- Religious teachings often emphasize the importance of charity and helping those in need. The psychology of

money influences how individuals approach charitable giving and philanthropy.

- Individuals with significant financial resources may feel a moral or religious obligation to contribute to their communities and support social causes.

5. Religious Views on Wealth:

- Different religions have varying perspectives on wealth. Some religions may view material success as a sign of divine favor, while others may emphasize humility and detachment from worldly possessions.

- The psychology of money can influence how individuals reconcile their financial success with their religious beliefs, impacting their attitudes towards wealth accumulation and distribution.

6. Financial Stress and Well-being:

- Economic challenges can lead to stress and anxiety, affecting individuals' mental health and overall well-being. This, in turn, can have repercussions on social relationships and community dynamics.

- Religious beliefs and practices may serve as coping mechanisms for individuals facing financial difficulties, providing emotional support and a sense of purpose.

7. Ethical Decision-Making:

- The pursuit of financial success may sometimes lead individuals to make ethical compromises. The psychology of money can influence ethical decision-

making and the choices people make in their personal and professional lives.

Understanding the interplay between the psychology of money, social dynamics, and religious beliefs is complex and varies across cultures and individuals. It underscores the importance of considering economic factors in the broader context of societal and spiritual values.

Parapsychology, Telepathy, Clairvoyance, And Psychokinesis

Pyschism is psychic powers or ability, especially telepathy or clairvoyance. This means people who can read and understand information from the normal humans eyes. Psychics are known to interpret meanings behind illogical and unreasonable phenomena. Where the normal human's brain stops working, psychics come into the picture.

A psychic is a person who claims to use extrasensory perception (ESP) to identify information hidden from the normal senses, particularly involving telepathy or clairvoyance, or who performs acts that are apparently inexplicable by natural laws, such as psychokinesis or teleportation. Although many people believe in psychic abilities, the scientific consensus is that there is no proof of the existence of such powers, and describes the practice as pseudoscience. The word "psychic" is also used as an adjective to describe such abilities.

But this practice is criticised and called pseudo meaning fake and intentional illusions.

Precognition is the purported psychic phenomenon of seeing, or otherwise becoming directly aware of, events in the future. There is no accepted scientific evidence that precognition is a real effect, and it is widely considered to be pseudoscience.

Precognition violates the principle of causality, that an effect cannot occur before its cause.

Precognition has been widely believed in throughout history. Despite the lack of scientific evidence, many people believe it to be real; it is still widely reported and remains a topic of research and discussion within the parapsychology community.

A study attempted to repeat recently reported parapsychological experiments that appeared to support the existence of precognition. Attempts to repeat the results, which involved performance on a memory test to ascertain if post-test information would affect it, "failed to produce significant effects" and thus "do not support the existence of psychic ability" of this kind.

Psychics encompass people in a variety of roles. Some are theatrical performers, such as stage magicians, who use various techniques, e.g., prestidigitation, cold reading, and hot reading, to produce the appearance of such abilities for entertainment purposes. A large industry and network exists whereby people advertised

as psychics provide advice and counsel to clients. Some famous psychics include Edgar Cayce, Ingo Swann, Peter Hurkos, Janet Lee, Miss Cleo, John Edward, Sylvia Browne, and Tyler Henry.

Psychic powers are asserted by psychic detectives and in practices such as psychic archaeology and even psychic surgery.

Areas of study included telepathy, hypnotism, Reichenbach's phenomena, apparitions, hauntings, and the physical aspects of Spiritualism such as table-tilting, materialization and apportation. In the 1880s, the Society investigated apparitional experiences and hallucinations in the sane. Among the first important works was the two-volume publication in 1886, Phantasms of the Living which was largely criticized by scholars. In 1894, the Census of Hallucinations was published which sampled 17,000 people. Out of these, 1,684 persons admitted to having experienced a hallucination of an apparition. The SPR became the model for similar societies in other European countries and the United States during the late 19th century.

There have been numerous circumstances and coincidences, where parapsychology and psychics have been proven to be real and their intuitive mind have proven to be right, but with science in the picture, it is hard to say if all these are real. Most people believe it to be true and some believe it to be illogical and some

spewn nonsense from the old decades that no one has been able to prove.

What are the different types of parapsychology?

Many branches of anomalous phenomena exist that include and are not limited to the following:

- Telepathy.
- Clairvoyance.
- Mediumship.
- Precognition.
- Psychokinesis.
- Near-death experiences.
- Reincarnation.
- ESP.

1. Telepathy

Telepathic communication is the sharing of thoughts or feelings through mental interactions. Dream telepathy, similarly, is the communication between people via the medium of dreams.

The study of telepathy is fascinating in developmental psychology, particularly of twins. However, child development parapsychology is a largely unexplored science area, and Zener cards have experimented with telepathy.

In this test, there are five cards with different symbols. One person pictures one of the symbols, and the other knows the answer by direct mental interaction. There is a 20% chance of getting it right, so researchers must repeat the test multiple times to prove a telepathic link.

Telepathy is an integral part of social psychology. We have all experienced the strange phenomenon of knowing what someone else is thinking. Taking a course in parapsychology will help further the research on telepathic studies.

2. Clairvoyance

Clairvoyance is the ability to know or understand knowledge about something distant in time or space. While telepathy comes from another person's mind, the source of prophecy is unknown.

Clairvoyance usually takes the form of dreams or visions in human experiences. Psychical research efforts to prove the phenomena exist include remote viewing.

This experiment in a controlled setting encourages the clairvoyant to reveal a hidden target without using their senses. There is little scientific evidence to prove clairvoyance yet.

3. Mediumship

Mediumship is the mental interaction with living and dead beings, and a medium can communicate between spirits and humans.

There are different types of mediums, including seance, trance, and ouija. Mediumship is a widely contested psychic phenomenon.

Thanks to its popularity in the media and the horror genre, mediumship is rarely taken seriously, and scientific study regularly debunks frauds to this day. To learn more, consider taking a parapsychologist course.

3. Psychokinesis

Psychokinesis is the power to move things in the physical world using only the power of your mind and might include psychic healing or moving objects.

Parapsychology research on psychokinesis psychic powers is sparse. However, it should be relatively easy to test as you can assess whether any physical factors are making something move in a controlled area like a parapsychology laboratory.

Studying psychokinesis will open up your mind to the powers of the paranormal. Online training courses discuss how and why some people experience this phenomenon and how to advance scientific research.

4. Near-death experiences

Near-death experiences are well-known for inducing paranormal activity. We've all heard of someone who almost (or clinically did) die experiencing a life-changing moment.

Even if your heart stops momentarily, you are more susceptible to the spirit world when you die. The field of parapsychology understands near-death experiences as out-of-body experiences, a feeling of peace, meeting dead relatives, and experiencing a life review.

Studying parapsychology gets us closer to understanding why, when we die or almost die, we experience such phenomena. Is it a brain reaction to the unthinkable, or is it a glimpse of life after death?

5. Reincarnation

Reincarnation is the study of life afterlife. Reincarnation has strong roots in certain cultures and religions, for instance, Buddhism. It is the idea that your spirit or soul is reborn in another person or physical form after you die, and memories of previous lives fade during childhood.

Reincarnation research, predominantly conducted by psychiatrist Ian Stevenson, is extensive. Over forty years and 2,500 case studies, Stevenson examined children with memories of past lives.

He was always careful to claim his studies were "suggestive of reincarnation" or showed "reincarnation type" and never outright declared to prove the existence of past lives. Parapsychologists, however, place a great deal of importance on the theory of reincarnation.

6. ESP

ESP stands for extrasensory perception, and ghost hunting might come to mind. Studies of paranormal activity suggest that some minds have a sixth sense that can sense paranormal phenomena. ESP is the broad term to describe telepathy, clairvoyance, and mediumship.

Benefits of Learning Parapsychology

The potential benefits of learning parapsychology, telepathy, clairvoyance, and psychokinesis are a complex and controversial topic. While some experts believe in the existence and potential benefits of these abilities, others remain skeptical or outright reject their existence. Here's a breakdown of the main perspectives:

From a Pro-Parapsychology Viewpoint:

- **Enhanced intuition and self-awareness:** Learning about and practicing parapsychology can lead to a better understanding of your own intuition and subconscious mind, potentially improving decision-making and personal growth.
- **Increased empathy and connection:** Some parapsychologists believe telepathy and clairvoyance can foster deeper empathy and understanding of others' emotions and experiences.
- **Improved creativity and problem-solving:** The non-linear nature of parapsychology might offer new perspectives and approaches to creative expression and problem-solving.

- **Spiritual growth and connection:** Parapsychological experiences can be interpreted as part of a spiritual journey, providing a sense of connection to something larger than oneself.

From a Skeptical Viewpoint:

- **Lack of scientific evidence:** Mainstream science has not yet found conclusive evidence for the existence of these abilities, leading some to question their validity entirely.
- **Confirmation bias and misinterpretation:** Critics argue that positive experiences with parapsychology can be attributed to confirmation bias or misinterpretation of coincidences and subjective experiences.
- **Potential for harm and exploitation:** Uncritical belief in psychic abilities can lead to vulnerability to scams, manipulation, and unhealthy dependence on these abilities.
- **Emphasis on internal exploration:** While some see self-exploration as a benefit, others argue that focusing too much on internal experiences can lead to neglecting real-world problems and responsibilities.

It's important to note that the field of parapsychology is still in its early stages of development. While there have been some promising research findings, the evidence for these abilities remains inconclusive. Therefore, it's crucial to approach parapsychology with a critical mindset, weighing the potential benefits against the risks and limitations.

Ultimately, the decision to explore parapsychology, telepathy, clairvoyance, and psychokinesis is a personal one. If you are interested in these topics, it's important to do your own research, seek guidance from reputable sources, and be aware of the potential pitfalls involved.

Here are some additional resources you might find helpful:

- Parapsychological Association: https://www.parapsych.org/
- Skeptical Inquirer: https://skepticalinquirer.org/

Dimensions in Our Universe

(understanding the fundamental nature of the universe, its forces, and the behavior of matter and energy.)

The concept of dimensions beyond the familiar three spatial dimensions (length, width, and height) and one temporal dimension (time) often arises in theoretical physics and mathematics. While these higher dimensions are challenging to visualize directly, they play a role in certain theoretical frameworks. Here's a brief overview:

1. Fourth Dimension (Time): In the context of spacetime, time is often considered the fourth dimension. In the theory of relativity, space and time are intertwined into a four-dimensional continuum. Time is treated as a dimension, just like the three spatial dimensions.

2. Fifth Dimension (Kaluza-Klein Theory): The fifth dimension was introduced in the Kaluza-Klein theory, an attempt to unify gravity and electromagnetism. The theory proposed that there is an extra spatial dimension, in addition to the usual three, that is compactified or "curled up" and not readily observable in our everyday experiences.

3. String Theory and Extra Dimensions: String theory, a theoretical framework attempting to describe the fundamental nature of particles, suggests the existence of more than the familiar four dimensions. String theory proposes additional spatial dimensions, typically six or seven extra dimensions beyond the three we experience. These dimensions are often thought to be compactified at scales much smaller than those currently measurable.

4. Higher Dimensions in Mathematics: In mathematics, the concept of dimensions extends beyond the physical world. For example, fractal geometry often involves non-integer dimensions, and in certain mathematical theories, spaces with eight or more dimensions are explored for various purposes.

It's important to note that these higher dimensions are often considered in theoretical and mathematical contexts to address specific questions or challenges, and they are not necessarily directly observable in our everyday experiences. The visualization of dimensions beyond the familiar three can be abstract and is often represented mathematically.

In the context of physics and mathematics, the term "dimensions" refers to different aspects or parameters that characterize the structure and behavior of the universe. The most common usage involves spatial dimensions and temporal dimensions. Here's an overview:

1. Spatial Dimensions:

- First Dimension (1D): A line, which has only length and no width or height.

- Second Dimension (2D): A plane, which has length and width but no height.

- Third Dimension (3D): Our everyday space, characterized by length, width, and height.

2. Temporal Dimension:

- Fourth Dimension (Time): Time is often considered the fourth dimension. In the theory of relativity, space and time are unified into a four-dimensional continuum known as spacetime.

3. Theoretical and Mathematical Dimensions:

- Fifth Dimension: Introduced in the Kaluza-Klein theory, an attempt to unify gravity and electromagnetism. The fifth dimension is an additional spatial dimension, often compactified and not directly observable.

- String Theory Dimensions: String theory suggests the existence of more than four dimensions, typically

involving additional spatial dimensions beyond the three we experience. The total number of dimensions in string theory can vary but is often six or seven additional dimensions.

4. Mathematical Dimensions:

- In mathematics, dimensions can extend beyond physical space. For example, fractals may have non-integer dimensions, and certain mathematical spaces can have an arbitrary number of dimensions.

5. Hypothetical and Speculative Dimensions:

- Sixth Dimension and Beyond: In some theoretical models, particularly those related to string theory and higher-dimensional physics, there may be more than six or seven total dimensions. The specifics depend on the particular model under consideration.

It's crucial to note that while the first four dimensions are well-established and integral to our understanding of spacetime, dimensions beyond the fourth are often part of theoretical frameworks and may not be directly observable or easily visualized in our everyday experiences. The exploration of higher dimensions is a fascinating area of theoretical physics and mathematics, but it involves complex concepts and abstract mathematical formulations.

When discussing dimensions beyond the familiar four (three spatial dimensions plus time), such as in the context of string theory and other theoretical physics

frameworks, the additional dimensions are often compactified or curled up at scales much smaller than those observable in our everyday experiences. Here's a brief overview:

1. Sixth Dimension:

- In string theory, six additional spatial dimensions are commonly proposed, making a total of ten dimensions. These six dimensions are thought to be compactified, meaning they exist at a microscopic scale that is beyond our current observational capabilities. The nature of these dimensions is often described mathematically in terms of complex geometric shapes.

2. Seventh Dimension:

- Similar to the sixth dimension, the seventh dimension is part of the extra spatial dimensions proposed by string theory. It is also compactified and is a component of the theoretical models aimed at unifying fundamental forces in physics.

3. Additional Dimensions:

- In some theoretical physics models, especially those exploring higher-dimensional scenarios, more than six or seven additional dimensions may be considered. The total number of dimensions can vary depending on the specific theoretical framework. The idea is that these dimensions play a role in shaping the fundamental forces and particles in the universe.

It's important to emphasize that these additional dimensions are not directly observable in our macroscopic world. They are postulated to exist at scales much smaller than the subatomic level, and their effects may become apparent only under extreme conditions or at energies not yet achievable in current experiments.

Theoretical physicists use complex mathematical formulations to describe these higher-dimensional spaces and their potential influence on the fundamental aspects of the universe. While these ideas are intriguing and offer potential solutions to certain challenges in theoretical physics, they remain speculative and have not been experimentally verified.

Placebo Effects in Social Arena

While placebos are primarily used in medical research and individual symptom management, their potential application in addressing social issues is a fascinating and emerging area of exploration. Here are some potential ways placebos could be used to address social issues, along with important considerations:

1. Fostering cooperation and trust:

- **Placebo "rewards":** Imagine a community where individuals receive placebo pills or tokens for displaying cooperative behavior or completing tasks that benefit

the collective good. The belief in receiving a reward, even if it's inactive, could incentivize prosocial behavior and strengthen social bonds.

- **Placebo "punishments":** Conversely, placebos could be used as symbolic deterrents for undesirable behavior. Individuals might receive inactive pills or tokens for engaging in harmful or antisocial actions, potentially leading to behavioral modification through the anticipation of negative consequences.

2. Reducing prejudice and discrimination:

- **Empathy enhancement:** Placebos could be used in conjunction with empathy training programs to increase individuals' sensitivity and understanding of others' experiences. This could involve administering placebos while participants are exposed to simulations or narratives designed to evoke empathy, potentially reducing prejudice and discrimination based on race, gender, or other social identities.
- **Intergroup contact:** Placebos could be used in intergroup contact initiatives, where individuals from different backgrounds engage in positive and cooperative interactions. The belief in receiving a shared "treatment" could foster a sense of commonality and reduce negative biases between groups.

3. Promoting civic engagement and social change:

- **Placebo voting:** In situations with low voter turnout, offering placebo "voting pills" could potentially increase participation by leveraging the expectation of influencing outcomes, even if the pills have no actual effect on the election.
- **Placebo activism:** Placebos could be used in social movements or awareness campaigns to encourage individuals to take action. Participants might receive "placebo action kits" containing symbolic tools or instructions for advocacy, potentially motivating them to engage in social change efforts.
-

Important considerations:

- **Ethical concerns:** Using placebos in social settings raises ethical concerns around informed consent, potential for manipulation, and unintended consequences. Transparency and careful consideration of potential risks are crucial.
- **Limited evidence:** The effectiveness of placebos in addressing social issues is largely theoretical and requires further research to establish their potential and limitations.
- **Focus on systemic solutions:** While placebos may offer innovative approaches, addressing social issues requires a multi-pronged approach focusing on systemic change, education, and policy interventions.

  Remember, placebos are not a magic bullet for solving complex social problems. Their potential use should be

carefully evaluated within ethical frameworks and combined with evidence-based strategies for lasting social change.

Why everyone need to keep their life private?

1. Boundaries: Establish personal boundaries.

2. Protection: Safeguard against harm.

3. Autonomy: Maintain control over sharing.

4. Reduced Judgment: Minimize unnecessary judgment.

5. Security: Protect sensitive information.

6. Control: Control the narrative and perception.

7. Well-being: Foster emotional well-being.

8. Relationships: Build believe and intimacy gradually.

9. Focus: Focus on personal growth.

10. Avoidance: Avoid unwanted scrutiny.

11. Dignity: Preserve dignity and self-respect.

12. Freedom: Express authentically in chosen.

What are some signs of a Weak man in a relationship?

Signs of a Weak Man in a Relationship:

Lack of Accountability: Avoids responsibility for mistakes.

Insecurity: Constant want for validation.

Poor Communication: Struggles to explicit feelings and thoughts.

Dependency: Relies excessively on companion for happiness.

Passivity: Fails to take initiative or make choices.

Jealousy: Exhibits possessiveness and insecurity.

Fear of Conflict: Avoids addressing issues immediately.

Manipulation: Uses tactics to control associate's actions.

Low Self-Esteem: Feels unworthy or inferior.

Lack of Ambition: Lacks power and goals for his personal growth.

A sturdy, wholesome relationship often requires mutual appreciate, communication, and individual strength.

What 10 things should I do every day to become smarter?

1. Brush your teeth with the opposite hand.

Basically trying to be ambidextrous pushes your brain to work harder to do the same tasks. This challenges your mind to make different connections and prevents deteriorating with age.

2. Learn at least 5 new words in another language every day.

Switching between languages takes a lot of concentration, focus, and self-control. Begin by this way will be a step in the right direction for you.

3. Turn nouns into verbs

It's a great way to make you sound clever and memorable when you meet someone new. It makes what you say to-the-point and deep impressive.

4. Lower your screen time to 30 mins a day.

Excessive smartphone use is detrimental to cognitive performance. You can also delete unnecessary apps from your phone.

5. Try caffeinated drinks

Caffeine stimulates your ability to concentrate, put you in a better mood, and can increase motivation. A cup of caffeinated tea or coffee could be the push you need to get your brain working at top speeds.

6. Carrying out tunes of music and matches certain pitches.

90% of children who received musical training over 20 days showed improved verbal intelligence. Some scientists thought that the brain could benefit just by listening to music.

7. Read the headlines of the e-newspaper daily.

You don't need to read the newspaper from cover to cover. Reading the headlines will increase your world knowledge.

8. Play games like sudoku and scrabble.

Your brain can produce quite a few chemical reactions, and positive stimuli like a crossword increase brain functioning.

9. Say things out loud.

The simple act of hearing words aloud makes them more likely to stick with you - as does the process of repeating them.

Life Lessons No School Will Ever Teach You

1. Fix yourself before you try to fix anyone. People are comfortable in their miserable life.
2. You'll be 10 times happier if you forgive your parent and stop blaming them for your problems.
3. Marry the right partner. The right one will help you build your physical, mental, and financial strength.
4. Make friends who are ambitious, motivated, and strong where you're weak.
5. Be old enough to realize no one cares. Chase what you believe is right and just.
6. Seek zero advice from people who are not where you want to be in life.
7. Your circle of friends should discuss business ideas, family, and success more. Not politics, religion, and celebrity gossip.
8. Spend few hours working on your business and dreams. Working for someone will only get you enslaved forever.
9. Invest in a home library. Nothing is more toxic than wasting your time watching the news, Netflix, or scrolling social media.
10. Create opportunities for yourself. No one will ever come to save you from your problems.

11. Be mature enough to realize weekends are not for partying. Use it to build a life/career you want.
12. If your friends only call you when they need your help, then it's high time to change your priorities in life.
13. No matter how much you trust your close friends and family, let no one know everything about you.

10 Surprising Tips for Working Smarter, Not Harder

1. Take breaks

It may seem counterintuitive, but regular breaks can help you work more efficiently. Taking a break allows your brain to rest and recharge, so you can come back to your work with fresh eyes and a clear mind.

2. Eliminate distractions

Distractions are the enemy of productivity. To work smarter, not harder, it's important to eliminate as many distractions as possible. This might mean closing unnecessary tabs on your computer, silencing your phone, or finding a quiet place to work.

3. Use the 80/20 rule

The 80/20 rule, also known as the Pareto principle, states that 80% of your results come from 20% of your efforts. To work smarter, focus on the tasks that will have the biggest impact and delegate or eliminate the rest.

4. Embrace technology

Technology can be a huge time-saver if used wisely. Countless tools and apps are available to help you stay organized, communicate with colleagues, and automate tasks.

5. Take care of yourself

To work smarter, not harder, it's important to prioritize your own well-being. This means getting enough sleep, eating a healthy diet, and taking breaks to stretch and move around. When you take care of yourself, you'll have more energy and focus to tackle your work.

6. Set clear goals and priorities

One of the key ways to work smarter, not harder, is to set clear goals and priorities for your work. This will help you stay focused and avoid wasting time on tasks that aren't aligned with your overall objectives. To set effective goals and priorities, consider using the SMART criteria: Specific, Measurable, Attainable, Relevant, and Time-bound. This will help you create specific, achievable goals and have a clear timeline.

7. Use time management techniques

Effective time management is crucial for working smarter, not harder. There are many different techniques you can use to better manage your time, such as creating a to-do list, setting deadlines, and using the Pomodoro Technique (which involves working for short bursts of time followed by short breaks). Experiment with different techniques to find what works best for you and your workflow.

8. Learn to say no

It's easy to get bogged down with too many tasks and commitments, leading to feelings of overwhelm and burnout. To work smarter, not harder, it's important to learn to say no to tasks and projects that don't align with your goals or that you don't have the capacity to handle. It's okay to prioritize your own well-being and workload – in fact, it's necessary for maintaining a healthy and sustainable work-life balance.

9. Ask for help when needed

Asking for help is a sign of strength, not weakness. If you're feeling overwhelmed or unsure about how to handle a task, don't be afraid to ask for help from a colleague or supervisor. This can not only help you get the support you need but also allow you to learn from others and improve your skills.

10. Continuously improve and learn

To work smarter, not harder, it's important to continuously improve and learn new skills. This might involve taking online courses, attending workshops or seminars, or simply staying up-to-date with industry trends and best practices. By continually learning and improving, you'll be better equipped to handle the challenges of your work and stay ahead of the curve.

By implementing these 5 surprising tips for working smarter, not harder, you'll be able to increase your productivity and achieve your goals more efficiently. Don't let burnout hold you back – start working smarter today!

10 Things That Push Couples to a Crisis Point

Every relationship goes through ups and downs, but there are certain issues that can push a couple to a crisis point. Recognizing and addressing these issues early on can help prevent a relationship from reaching a breaking point. Here are five things that can push couples to a crisis point:

Lack of communication

Effective communication is key to any healthy relationship. When couples don't communicate effectively, it can lead to misunderstandings, resentment, and even a breakdown in trust. It's important to make time to talk openly and honestly with your partner and to listen actively to what they have to say.

Lack of intimacy and connection

Intimacy and connection are crucial for maintaining a strong bond with your partner. When these elements are lacking, it can lead to feelings of loneliness, frustration, and disconnection. It's important to make time for intimacy and connection and to prioritize these elements in your relationship.

Infidelity

Infidelity is one of the most common reasons that couples reach a crisis point. When one partner is unfaithful, it can lead to feelings of betrayal, hurt, and resentment that are difficult to overcome. It's important to be honest with your partner and to work through the issues that led to the infidelity in order to move forward.

Money issues

Money is a common source of tension in relationships, and when couples can't agree on financial goals or have different spending habits, it can lead to conflict and resentment. It's important to discuss your financial goals and values openly with your partner and to work together to find solutions that work for both of you.

Differences in values and goals

Differences in values and goals can create tension in a relationship if they're not addressed. It's important to be open and honest about your values and goals and to find ways to compromise and support each other. It may be necessary to have difficult conversations about what's most important to you and to find ways to make your relationship work despite your differences.

Constant arguing and conflict

Constant arguing and conflict can be draining and can lead to a breakdown in communication and connection. It's important to find healthy ways to resolve conflicts and to seek outside help if necessary.

Constant criticism and negativity

Constant criticism and negativity can erode the foundation of a relationship and lead to feelings of resentment and insecurity. It's important to be supportive and positive in your interactions with your partner and to work on building each other up.

Lack of support and appreciation

Feeling unsupported and unappreciated can lead to feelings of resentment and disconnection. It's important

to show appreciation for your partner and to offer support and encouragement in their endeavors.

Differences in parenting styles

Parenting can be a source of tension for couples, especially if they have different styles or approaches. It's important to communicate openly about parenting goals and to find ways to support each other and work together as a team.

Differences in work-life balance

Different priorities and expectations around work and leisure can create tension in a relationship. It's important to discuss your work-life balance and to find ways to support each other and maintain a healthy balance.

Conclusion

Relationships can be challenging, and there are many things that can push a couple to a crisis point. From lack of communication and intimacy to differences in values and goals, it's important to recognize and address these issues in order to prevent a relationship from reaching a breaking point. It's also important to be open and honest with your partner and to communicate openly about your needs and concerns. By making the effort to maintain a strong and healthy relationship, couples can overcome challenges and find lasting happiness and fulfillment.

10 Tips for Maintaining a Healthy and Happy Relationship

Maintaining a healthy and happy relationship can be a challenge, but it is worth the effort. A strong and fulfilling relationship can bring joy, support, and happiness to your life. But how do you keep your relationship strong and fulfilling? Here are 10 tips to help you do just that. By following these tips, you can maintain a healthy and happy relationship and keep the love and connection strong between you and your partner. Read on to learn more.

Communication is key

Communication is one of the most important factors in maintaining a healthy and happy relationship. By regularly talking to your partner and actively listening to their thoughts and feelings, you can foster understanding and empathy within your relationship. This can help to prevent misunderstandings and conflicts, and can also deepen your connection with each other. Effective communication also involves being open and honest with your partner, and being willing to discuss difficult topics in a respectful and constructive manner. By prioritizing communication in your relationship, you can build a strong foundation of trust and support.

Practice empathy and understanding

Practicing empathy and understanding in your relationship can go a long way in maintaining a healthy and happy relationship. Empathy involves being able to put yourself in your partner's shoes and truly understand their perspective and feelings. This can help to build a deeper connection and strengthen the bond between you. By showing empathy, you can also help to resolve

conflicts and misunderstandings in a more constructive manner. In addition, understanding involves being able to accept and respect your partner's individuality and differences, without trying to change them. By fostering empathy and understanding in your relationship, you can create a more loving and supportive environment.

Show appreciation and gratitude

Showing appreciation and gratitude towards your partner is another important aspect of maintaining a healthy and happy relationship. By regularly expressing your gratitude for the things your partner does for you, you can make them feel valued and loved. This can help to foster a positive and supportive environment within your relationship. In addition, showing appreciation can also help to improve communication and deepen your connection with each other. By regularly expressing your appreciation and gratitude, you can strengthen the bond between you and build a more loving and fulfilling relationship.

Make time for each other

Making time for each other is crucial for maintaining a healthy and happy relationship. In today's busy world, it can be easy to get caught up in our own schedules and priorities, and neglect our relationships. But by setting aside dedicated time for each other, you can make sure that your relationship remains a priority. This can involve regularly scheduling date nights, weekend getaways, or simply carving out time each day to connect and communicate with each other. By making time for each other, you can strengthen your bond, improve communication, and deepen your connection. This can

help to create a more loving and supportive environment within your relationship.

Set boundaries and respect each other's space

Setting boundaries and respecting each other's space is essential for maintaining a healthy and happy relationship. Boundaries are the limits and rules that you and your partner set in order to protect yourselves and your relationship. These can involve things like giving each other space and alone time, being honest and transparent with each other, and respecting each other's individuality and differences. By setting and communicating clear boundaries, you can create a more loving and supportive environment within your relationship. In addition, respecting each other's space involves giving each other the freedom to pursue your own interests and hobbies, without feeling guilty or judged. By respecting each other's space, you can foster a sense of independence and individuality within your relationship.

Be willing to compromise

Seeking support when needed is an important step in maintaining a healthy and happy relationship. No relationship is perfect, and there will be times when you and your partner face challenges or difficulties. In these moments, it's important to seek the support and guidance of others in order to work through these issues. This can involve seeking the advice of a therapist or counselor, confiding in a trusted friend or family member, or joining a support group for couples. By seeking support when needed, you can learn valuable skills and strategies for dealing with conflicts and

challenges in your relationship. This can help to strengthen your bond and create a more loving and supportive environment within your relationship.

Keep the romance alive

Keeping the romance alive is important for maintaining a healthy and happy relationship. Romance is the special bond and connection that you share with your partner, and it's what keeps your relationship exciting and fulfilling. By making an effort to keep the romance alive, you can keep the spark and passion alive in your relationship. This can involve regularly doing special things for each other, like surprising your partner with gifts or gestures of affection, or planning date nights or getaways together. By keeping the romance alive, you can deepen your connection and strengthen the bond between you. This can help to create a more loving and supportive environment within your relationship.

Seek support when needed

Being honest and transparent with your partner is essential for maintaining a healthy and happy relationship. Honesty involves being open and truthful with your partner about your thoughts, feelings, and actions. This can help to build a strong foundation of trust and support within your relationship. In addition, being transparent involves being open and honest about your intentions, desires, and boundaries. By being transparent with your partner, you can foster a deeper understanding and connection between you. This can help to prevent conflicts and misunderstandings, and can also create a more loving and supportive environment within your relationship.

Be honest and transparent

Maintaining a positive attitude and focusing on the good in your relationship is crucial for its health and happiness. A positive attitude involves looking at the bright side of things, and focusing on the things that are going well in your relationship, rather than the things that are going wrong. This can help to keep the spark and passion alive in your relationship, and can also help to prevent conflicts and misunderstandings. In addition, focusing on the good in your relationship involves actively looking for and appreciating the things that you love and admire about your partner. By doing this, you can deepen your connection and strengthen the bond between you. This can help to create a more loving and supportive environment within your relationship.

Keep a positive attitude and focus on the good in your relationship

Compromise is an important part of any healthy and happy relationship. In any relationship, there will be times when you and your partner have different opinions, needs, or desires. In these moments, it's important to be willing to compromise in order to find a solution that works for both of you. This can involve making sacrifices or giving up something that you want in order to make your partner happy, or finding a middle ground that both of you can agree on. By being willing to compromise, you can prevent conflicts and misunderstandings, and can also show your partner that you are willing to put their needs and desires before your own. This can help to create a more loving and supportive environment within your relationship.

10 things nobody tells you about having children:

Having children is one of the most rewarding and life-altering experiences that one can have. Yet, so much of what to expect is often left unsaid. Here are 10 things nobody tells you about having children:

1. There will be moments of overwhelming joy. Every milestone your child reaches and every smile that graces their face will fill your heart with an indescribable joy.

2. You'll worry more than ever before. As a parent, you'll worry about the safety of your child, their future, and the decisions they make.

3. You will become incredibly busy. With childcare, school runs, activities, and everything else on your plate, you'll find that you don't have nearly as much free time as you used to.

4. You'll experience a lot of guilt. You may feel guilty for having to go to work and not being able to spend as much time with your children as you'd like.

5. You'll need to be more organized than ever before. With so many things going on, it's important to stay organized to ensure that nothing gets overlooked or forgotten.

6. Your relationship with your partner may change. Having children can put a strain on relationships, so it's important to keep communication open and ensure you still make time for each other as a couple.

7. You'll experience a wide range of emotions. From joy to sadness, worry to contentment, you'll go through the gamut of emotions as a parent.

8. You'll be tired...a lot. Between late night feedings, early morning wake-up calls, and everything in between, you'll definitely be tired.

9. You'll learn patience. Parenthood requires a lot of patience when dealing with temper tantrums and tough questions.

10. You'll love more deeply than you ever thought possible. No matter what happens, your love for your child will never fade and will only continue to grow over time.

Having children is an incredible journey that comes with highs and lows and no shortage of surprises along the way. Despite all the challenges and hard work, it's worth every second in the end!

5 Reasons Why Our Culture is So Angry

Before we can begin to reverse the growing anger in our society, we must first take a good look at where it comes from. It’s impossible to treat an illness if you don’t know its causes. Here are five of the major contributors to the anger in our society and culture today.

1) The News

1. *The News*. It's no secret that the media has been bombarding us with negative news lately, making it seem

like we're in a constant state of danger and on the brink of disaster. This creates an environment where anger and fear are justified emotions to have because there's always something to be upset about.

2. *Technology*. We carry around these devices that give us access to a world of information and entertainment at our fingertips, but it also trains us to expect instant gratification for everything we do, which makes it hard not to get frustrated when things don't go our way immediately or according to plan.

3. *Self-Esteem*. Social media has helped people connect to one another on levels never before possible, but it's also had some unintended consequences for self-esteem. When everyone you follow is so successful, beautiful and happy all the time, it can leave you feeling inadequate and undeserving of love from others.

4. *Parenting Styles:* Some parents want their children to be academically successful above all else while others prioritize raising a child who isn't afraid of taking risks or facing failure--both approaches come with their own set of problems related to stress levels and anger management as well as communication styles between parents and kids.

5. *Divorce*. Half of all marriages end in divorce, meaning many young people grow up in households without either parent present on a daily basis. In those households, both boys and girls are less likely to understand how to deal with anger or any other difficult emotion because they haven't seen either parent model this skill set; this leads to more irritability and mood swings than if they were living with both parents.

2) Social Media

Social media can be a breeding ground for angry, hateful conversations. It's easy to anonymously say things on social media that we wouldn't say in person. It's also easy for people to disagree with one another and turn an argument into a heated debate. Social media can also make us feel like we are part of the conversation when we really don't have anything to contribute or would just prefer not to participate. Social media can also make it hard for us to control our emotions because it is so easy for our thoughts and feelings to get triggered by posts from others. Whether they post something offensive or start an inflammatory comment thread, negative messages are often more prominent than positive ones. There may also be fewer limits on what we share as well as a sense of urgency that makes expressing anger seem more acceptable than showing love or kindness. In general, social media has led many people to think and act impulsively without considering the consequences. These factors all combine to create and perpetuate a culture where anger reigns supreme over other emotions.

3) Politics

It's no secret that the United States has a culture of anger. I'm not just talking about the presidential election where every debate seemed to be a low-blow, or the never-ending news cycle of shootings and protests in major cities across the country. Anger has become a way of life for many Americans because we are constantly being bombarded with bad news from every angle. It's overwhelming and it creates this feeling that there's nothing you can do about it, which leads to even more anger. This sense of helplessness combined with an ever-growing feeling of powerlessness breeds a pretty angry populace.

The 5 reasons why our culture is so angry: Fights break out over insignificant things at times. There are people who are so angry all the time they want to hurt others but themselves first. People get really upset when their favorite sports team loses - getting into fights, driving recklessly. Some people find themselves screaming at their kids or spouses over minor infractions like forgetting to clean up after themselves. It seems like everyone wants someone else to fix their problems instead of taking responsibility for what happens next in their own lives. We're either voting in politicians that promise change without delivering, or choosing not to vote because the system is rigged. Even if we want to work on ourselves, there doesn't seem to be any help available. Counseling services have waiting lists and self-help books tell us how great everything will eventually

be. I suppose what it comes down to is the idea that it's just how society works, but maybe society should rethink how we react? Maybe humans would stop feeling so powerless if they weren't living in fear? Maybe things would improve if we could trust each other again? If people stopped blaming one another for things outside of their control? Or trying to live vicariously through others by always complaining about them? Or worse, shaming those who don't believe exactly as we do? That might sound naive to some but maybe it's worth a shot. Wouldn't it be nice if society valued kindness and compassion over competition and anger?

The best hope for curing toxic masculinity may actually lie within men themselves. One day, women won't need men around as emotional support due to the rise of male allies becoming more vocal about the issue. Boys will grow up learning that emotional vulnerability isn't weakness; instead, it's part of human experience.

4) The Economy

In a time where there are so many things happening, it's easy to see why people are feeling overwhelmed. We know that our economy has been unstable for years now and things just don't seem to be getting better. With the rise of unemployment, the tightening of budgets, and the uncertainty of what will happen next in the coming years, we can't help but feel angry. Here are five reasons why our culture is so angry:

1) The Economy
2) Lack of Employment
3) Uncertainties
4) Fear
5) Low Self-Esteem

Each one of these factors plays a role in how we react to certain situations and how we view ourselves and those around us. Unemployment, low self-esteem, fear; all of these are natural responses when faced with an uncertain future. Combine all this with the economy and it becomes clear why anger has become such a prevalent part of our culture. It's okay to be angry about all this negativity, because anger is simply another way for us to try and make sense of the situation and move forward. And as more unemployed people find themselves with low self-esteem or fearing their future, they start feeling isolated too - which only adds more fuel to the fire that is anger in America today.

5) Family

The first reason our culture may be so angry is the disconnection of families. Families are meant to be a place of safety and security, but when one or both parents work long hours and are often away from home, kids can feel lonely and as if they don't matter. Many times kids grow up feeling like they need to take care of themselves because their parents are never around. This can lead to feelings of anger, sadness, depression and

isolation that could potentially stay with them for the rest of their lives.

The second reason our culture might be so angry is the false information we receive about success in life. The world has been marketed to us as a place where anyone can succeed if they just work hard enough. We're told that all you have to do is follow your dreams and everything will turn out alright. But how many people actually get what they want out of life? We live in a society that has perfected the appearance of happiness, it's not unusual for people to become depressed after living the perfect life on social media because reality isn't nearly as good. It's easy to compare ourselves with others on social media and develop an intense sense of envy, which leads to anger.

5 common mental health disorders in children and how to recognize the signs

As a parent, it's important to be aware of the common mental health disorders that can affect children and to know how to recognize the signs. Mental health disorders in children are more common than many people realize, and they can have a major impact on a child's life. By understanding the signs and symptoms of these disorders, you can get your child the help they need. Here are five common mental health disorders in children and how to recognize the signs.

1. **Anxiety disorders:** Children with anxiety disorders may experience excessive worry and fear, as well as physical symptoms such as rapid heartbeat, difficulty breathing, and stomachache. They may also avoid certain situations or activities due to their anxiety.
2. **Mood disorders:** Children with mood disorders, such as depression and bipolar disorder, may experience changes in their mood, energy, and activity levels. They may also have difficulty sleeping, concentrating, and enjoying activities they used to enjoy.
3. **Attention deficit hyperactivity disorder (ADHD):** Children with ADHD may have difficulty paying attention, staying organized, and controlling their impulses. They may also be hyperactive and impulsive.
4. **Conduct disorder:** Children with conduct disorder may engage in aggressive, destructive, or deceitful behavior. They may also have difficulty following rules and respecting the rights of others.
5. **Autism spectrum disorder:** Children with autism spectrum disorder may have difficulty with social interactions and communication, as well as repetitive behaviors and narrow interests. They may also be sensitive to certain sounds, textures, or lights.

   If you notice any of these signs and symptoms in your child, it's important to talk to them about your concerns and to seek help from a mental health professional. With the right support and treatment, your child can learn to manage their disorder and to live a happy and fulfilling life.

Recognizing the Signs of Mental Health Disorders in Children

It's important for parents to be aware of the signs and symptoms of mental health disorders in children so that they can get their child the help they need. Some common signs and symptoms of mental health disorders in children include:

- Excessive worry or fear
- Changes in mood, energy, or activity levels
- Difficulty paying attention, staying organized, or controlling impulses
- Aggressive, destructive, or deceitful behavior
- Difficulty with social interactions or communication
- Repetitive behaviors or narrow interests
- Physical symptoms such as rapid heartbeat, difficulty breathing, or stomachache

If you notice any of these signs and symptoms in your child, it's important to talk to them about your concerns and to seek help from a mental health professional. A mental health professional can assess your child and determine the best course of treatment. This may include therapy, medication, or other forms of support.

It's also important to remember that mental health disorders are not the child's fault. Children are not born with mental health disorders – they develop as a result of a combination of factors, including genetics, environment, and life experiences. By providing your child with support and understanding, you can help them to manage their disorder and to lead a happy and fulfilling life.

The Importance of Early Intervention for Children's Mental Health

Early intervention is crucial for children's mental health. When mental health disorders are caught and treated early, children are more likely to respond well to treatment and to experience better long-term outcomes. Early intervention can also help to prevent the disorder from worsening and to prevent other problems from developing.

If you notice any signs or symptoms of a mental health disorder in your child, it's important to seek help from a mental health professional as soon as possible. A mental health professional can assess your child and determine the best course of treatment. This may include therapy, medication, or other forms of support.

It's also important to remember that seeking help for your child's mental health is not a sign of weakness. On the contrary, it shows that you are taking your child's mental health seriously and that you are willing to do whatever it takes to help them. By seeking early intervention, you can give your child the best chance of managing their disorder and living a happy and fulfilling life.

Supporting Your Child's Mental Health at Home

As a parent, you play a crucial role in supporting your child's mental health. There are many things you can do at home to help your child manage their mental health disorder and to promote their overall well-being. Some tips for supporting your child's mental health at home include:

- Educate yourself about your child's disorder and its treatment. This will help you to understand what your child is going through and to provide them with the support they need.
- Communicate openly with your child about their disorder and its treatment. Encourage them to talk about their feelings and to ask questions.
- Create a safe and supportive environment at home. This means providing your child with structure, consistency, and stability. It also means setting clear boundaries and rules.
- Encourage your child to engage in healthy activities and hobbies. This can help to reduce stress and to improve their mood.
- Provide your child with healthy meals and snacks. A balanced diet can improve their overall health and well-being.
- Make sure your child gets enough sleep. Sleep is crucial for physical and mental health.
- Monitor your child's progress and seek help if necessary. If you notice any changes in your child's behavior or mood, talk to their mental health professional.

By taking these steps, you can provide your child with the support they need to manage their mental health disorder and to live a happy and fulfilling life.

The Role of Therapy in Treating Children's Mental Health Disorders

Therapy is an important part of treatment for children's mental health disorders. Therapy can help children to

understand their disorder, to develop coping skills, and to manage their symptoms. It can also provide them with a safe and supportive space to express their feelings and to work through any challenges they are facing.

There are many different types of therapy that can be effective for children's mental health disorders. These include cognitive-behavioral therapy, which helps children to identify and change negative thought patterns and behaviors; family therapy, which involves the whole family and focuses on improving communication and relationships; and play therapy, which uses play to help children express their feelings and to work through any issues they are facing.

It's important to find a therapist who is experienced in working with children and who has a good understanding of your child's specific disorder. Your child's mental health professional can help you to find the right therapist for your child.

In conclusion, therapy is an important part of treatment for children's mental health disorders. It can help children to understand their disorder, to develop coping skills, and to manage their symptoms. By working with a therapist, your child can learn to manage their disorder and to live a happy and fulfilling life.

8 Things to do Before 8 A.M. for a Productive Day

Starting your day off right can make a huge difference in how your day goes. Taking the time to get organized and set yourself up for success can help you stay motivated and productive all day long. In this blog post, we'll cover

8 simple things you can do before 8 A.M. to set yourself up for success and make the most of your day. With a few simple changes to your morning routine, you can turn any day into a productive one!

1) Wake up earlier than usual

Starting your day off earlier than usual can make a big difference in terms of productivity. That extra hour or two of productivity can really make a difference in how productive you are throughout the day. It gives you more time to accomplish tasks and start your day on the right foot.

There are a few things that you should do before 8 A.M. to help you get started off on the right foot.

1. Wake up at least one hour before you normally would. This will give you enough time to get ready and have breakfast. Make sure that you set an alarm to ensure that you are up in time.

2. Make your bed. Taking a few minutes to make your bed can help you feel organized and prepared for the day ahead.

3. Exercise or go for a walk. Exercise is a great way to wake up your body and clear your head before starting the day. Going for a brisk walk or doing a few yoga poses can help set you up for success.

4. Eat a healthy breakfast. Eating a nutritious breakfast is key to staying energized and focused throughout the day.

5. Set your goals for the day. Spend some time writing down your goals for the day and what tasks need to be completed. This will help you stay focused and organized throughout the day.

6. Take some time for yourself. Spend a few moments doing something that makes you feel good such as reading, meditating, or journaling. This will help reduce stress and increase productivity.

7. Connect with family and friends. Take a few minutes to check in with family and friends via phone, text, or email. This will help boost your mood and remind you that you are not alone.

8. Prepare for the day ahead. Take some time to review any notes or tasks that need to be completed during the day, pack your bag if necessary, and lay out any clothes that need to be worn that day. Doing this beforehand will help save time in the morning rush.

By following these steps, you can ensure that you start your day off on the right foot and make the most of each hour until 8 A.M.

2) Exercise

One of the best things you can do to ensure a productive day is to start your morning off with exercise. This doesn't mean that you have to get up an hour early and do a full body workout every morning, but setting aside even just fifteen minutes in the morning to get some physical activity in can make a huge difference in your daily energy levels. Whether it's stretching, running, doing some bodyweight exercises, or going for a walk, getting your blood flowing first thing in the morning can help you feel more alert and energized throughout the day.

3) Eat a nutritious breakfast

Starting your day with a nutritious breakfast is essential for staying alert and energized throughout the day. Having a well-rounded breakfast will give you the energy and nutrients to power through any tasks you may have in the morning. Not sure what to eat for breakfast? Try some combination of whole grains, fruits, nuts, and dairy products such as oatmeal with berries and nuts or a yogurt parfait with whole grain cereal. Make sure to drink plenty of water as well!

4) Shower and get dressed

Starting your day with a refreshing shower and getting dressed can make all the difference in your mood and productivity. It's important to set the tone for the day and by taking the time to focus on hygiene and self-care you can instantly give yourself a sense of accomplishment. A hot shower and picking out a comfortable outfit to wear will help set you up for success and give you a confidence boost throughout your day. Not to mention, it can help get rid of any sleepiness or sluggishness you may be feeling! Taking the time to groom yourself in the morning can give you an added layer of motivation that will help you stay focused throughout the day.

5) Check your email and social media

Starting your day off right by checking your emails and social media can help ensure you are on top of your game. Checking emails and social media first thing in the morning gives you the opportunity to start responding to important messages, as well as staying on top of what's happening in the world. It allows you to be proactive rather than reactive throughout the day.

Additionally, you can use this time to decide which tasks are most important and set yourself up for success by planning out your day. Going through your inbox allows you to prioritize and establish a timeline of what needs

to be done. This will give you an idea of how long certain tasks will take and help you stay organized and productive.

If checking emails and social media first thing in the morning is something that does not appeal to you, try setting aside 15 minutes or so for this task later in the morning. This way, you can still stay up-to-date without compromising your productivity.

6) Make your bed

Making your bed as soon as you wake up is a great way to start your day off on the right foot. Not only does it help set the tone for a productive day, but it also ensures that your bedroom looks neat and tidy. Plus, having a made bed gives you a sense of accomplishment before the day even begins!

If you're someone who typically doesn't make your bed in the morning, try making it a habit. All it takes is a few minutes of your time each morning to do this simple task. Once you get into the routine of making your bed, you'll find that it can actually be quite calming and meditative.

To make your bed quickly and efficiently, start with smoothing out the sheets. Make sure they're completely

straightened out and tucked in neatly at the sides and the foot of the bed. Then, bring up the duvet or comforter and fold it in thirds lengthwise. Place the pillows at the head of the bed and adjust them to make them look even. Finally, use a throw blanket or other decorative accents to add the finishing touches.

With these simple steps, you can have your bed made in no time! Making your bed is an easy way to start off your day feeling accomplished and ready to take on the rest of your tasks.

7) Set your intention for the day

Starting your day off right is key to having a productive day, so it's important to take some time in the morning to set your intentions. Taking just a few minutes to focus on what you want to accomplish that day can make a huge difference in how you approach your tasks and activities.

Here are 8 things you can do before 8 A.M. to help ensure you start your day off right and have a successful day:

1. Wake up earlier than usual. Set your alarm for at least 15 minutes earlier so that you can spend this extra time in the morning getting ready for the day ahead and focusing on yourself.

2. Drink some water. Start your day off with a glass of water to stay hydrated and energized throughout the day.

3. Stretch your body. Take a few minutes to stretch or do a few light exercises to help wake up your body and get your blood flowing.

4. Make your bed. Start your day by creating a neat and organized environment by making your bed. This simple action will set the tone for the rest of the day.

5. Set your goals for the day. Spend a few minutes writing down what you want to accomplish that day and how you're going to do it. Seeing it written down will help you stay focused and motivated throughout the day.

6. Meditate. Meditation helps clear the mind and increase focus, so try taking 10 minutes each morning to meditate and relax before tackling any tasks.

7. Eat breakfast. A healthy breakfast is an essential part of any morning routine, as it provides your body with energy and fuel for the day.

8. Read something inspiring or motivational. Reading something positive and uplifting in the morning can help set the tone for a positive and productive day.

By taking just a few moments in the morning to focus on yourself and set your intention for the day, you can

ensure that you'll have a productive and successful day ahead. Give these 8 things a try and see how much of a difference it makes in your life!

8) Plan your day

Starting your day off right can have a huge impact on how productive and successful you are. Making time for certain activities before 8 A.M. can help set the tone for your entire day. Here are 8 things every person should do before 8 A.M. to get their day off to a great start:

1. Set your intention: Wake up with a clear vision of what you want to accomplish that day. Setting a goal for yourself and visualizing it in your mind can help motivate you to achieve it throughout the day.

2. Get moving: Make time for physical activity in the morning, whether it's going for a run, doing yoga, or a short workout. Exercise can help you stay energized and alert during the day, plus it's a great way to start off on the right foot.

3. Hydrate: Drink a glass of water first thing in the morning. Hydration is essential for proper brain function, and it can help jumpstart your metabolism.

4. Eat breakfast: Don't skip breakfast! Eating in the morning can give you energy, reduce cravings, and provide necessary nutrients to fuel your day.

5. Take time for yourself: Make sure to spend a few minutes doing something that makes you happy and relaxed. This could be reading a book, meditating, or just listening to your favorite music.

6. Tackle small tasks: Get ahead of your day by completing small tasks that don't require a lot of mental energy. This can include checking emails, scheduling appointments, and making lists of what you need to accomplish that day.

7. Connect with someone: Call a friend or family member to catch up and brighten up your morning. Hearing from a loved one can make you feel more connected and supported throughout the day.

8. Have gratitude: Start the day off with an attitude of gratitude by taking a few moments to reflect on what you're grateful for in your life. This can help you cultivate a positive outlook on life and carry this energy with you throughout the day.

By following these steps each morning, you'll be setting yourself up for success and creating the ideal conditions

for an amazing day. So get out there and make the most out of every day!

6 Signs You Might Be Comfortably Numb to Your Emotions

If you're emotionally numb, it can be hard to tell that you are. You've learned not to feel certain emotions, and life has become easier in many ways because of it. You don't cry when you get hurt; you don't scream when you're angry; and you definitely don't care that much about anything that happens in the world around you.

1) Discomfort with emotions

As a human being, you have the ability to experience a wide range of emotions. The more time you spend avoiding unpleasant feelings, the more uncomfortable you'll become with them. This can lead to a disconnected sense of self and an inability to feel empathy for others. If you notice any of these six signs of emotional inhibition schema in your day-to-day life, it might be time for some soul searching. Take a moment to explore what's preventing you from feeling your emotions, so that you can gain control over them again. It is possible that one of the following factors is holding you back:

Grief: When we grieve a loss or are grieving on someone else's behalf, it can feel impossible to share our pain with others. Grief can also cause us to detach from people in order to protect ourselves. Sharing your thoughts about this loss with someone who understands will help you find peace and make room for healing.

Shame: Shame has two different effects on us: It may prevent us from experiencing emotion at all, or it may cause us to focus excessively on our failures as a way of distracting ourselves from other painful feelings like shame. Identifying where the source of this shame stems from, and developing healthy coping skills, will allow you to move past it and start living a happier life.

Anxiety: Anxiety often causes us to shut down emotionally because we're constantly worrying about worst case scenarios happening. In order to start calming those anxious feelings, take care of yourself by setting boundaries between work/home life and eliminating toxic people/situations from your life. Recognize when you're projecting onto something or if you're trying too hard not to show emotion--both are ways anxiety manifests itself in daily activities.

2) Poor emotional awareness

In the DSM-5, there is no emotional inhibition diagnosis. However, people who are unable to feel or express their emotions often have a host of other psychological and mental health conditions. The following is a list of 6 signs that you might be comfortable numb to your emotions:

1) Difficulty identifying feelings – One major sign that you are comfortably numb is difficulty identifying feelings. If you don't know what you're feeling, then it's hard to know how to process those feelings and appropriately share them with others.

2) Difficulty expressing feelings – Another symptom of emotional inhibition schema is difficulty expressing feelings with others. This can lead people into bottling up all their emotions which can cause additional problems in the long run like depression or anxiety. It's important to identify these feelings so they can be processed appropriately and shared with others.

3) Lack of emotional intensity – Another sign of emotional inhibition schema is a lack of intense emotions. It may seem like life events don't really phase you or create any deep emotion inside. On the contrary, this person may go through life without ever experiencing anything very deeply, especially positive emotion as well as strong negative ones such as anger or sadness.

4) Unable to understand own emotions - An inability to understand one's own emotions also points towards emotional inhibition schema because it means that they can't accurately identify what they are feeling at any given time so they aren't able to take appropriate steps in addressing the issue at hand.

5) Constantly justifying behaviors/actions - People who use denial to cope with difficult situations will tend

to come up with excuses for why they did something wrong instead of taking accountability for their actions. These justifications usually make little sense, but provide them some kind of way out from facing the reality of what happened.

6) Unstable moods - A final sign that someone is dealing with emotional inhibition schema is mood swings; where someone can feel good about themselves one minute and terrible the next. There isn't a constant happy medium because they swing between feeling on top of the world to being completely despondent and lifeless.

3) Difficulty expressing emotions

It's easy to feel numb when a loved one has passed away or when you're in the middle of a really difficult time. It can be hard for many people to express emotions, but often it's because they don't know how. They may have grown up in a family where emotions weren't talked about or feelings were ignored. But there are some signs that you might be comfortably numb and not even know it. The first sign is difficulty expressing emotions. If you find it difficult to cry, empathize with someone who is grieving or react normally in response to an emotional event then this could be a sign of emotional inhibition schema. The second sign is using shoulds on yourself: Do I look like I'm ok? Do I sound happy enough? Am I grieving enough? When these shoulds start coming from

within rather than from outside sources then they can lead to feeling uncomfortable with your own emotion. A third symptom is criticizing yourself as soon as something happens: As soon as we say something dumb at work we judge ourselves harshly instead of realizing that we're only human and made an error in judgment- which happens sometimes! Another symptom of emotional inhibition is that perfectionism: We never want to make mistakes so we set unrealistic goals and standards for ourselves and get mad at ourselves when we inevitably fail. Finally, another symptom of emotional inhibition schema is denial. There are times where it's good to block out emotions temporarily in order to deal with a more serious issue- but if you find yourself doing this habitually then it might be indicative of an unhealthy tendency towards avoiding negative feelings.

4) Fear of negative evaluation

The fear of negative evaluation is also known as social anxiety disorder, and is characterized by an excessive fear of being judged or embarrassed in public. People with this disorder may be afraid to speak up for themselves and are often preoccupied with what other people think about them. This can lead them to make decisions based on how it will affect other people rather than what they want for themselves.

Other signs that someone might be comfortably numb are if they avoid taking risks because they don't want

anything to go wrong, or if they feel like there's nothing left worth fighting for. They may worry too much about the future, their past mistakes, or the needs of other people instead of focusing on their own needs. In extreme cases, a person suffering from social anxiety disorder may become depressed or even contemplate suicide. If you're feeling anxious about how you appear to others, chances are high that you're uncomfortable showing your true self to others.

The next sign of emotional inhibition is called perfectionism: those who struggle with perfectionism have unrealistic standards and expectations for themselves that they constantly strive towards but never meet. If you find yourself feeling chronically unsatisfied or always dissatisfied with your work then you likely suffer from some degree of perfectionism. The more time invested in a task increases its importance; but at some point, any additional time spent becomes counterproductive since the work won't get better no matter how long we spend trying to perfect it. Perfectionists tend not only have high standards for themselves but also put pressure on other people around them.

5) Social isolation

If you find yourself withdrawing from people and feeling like you have no friends, this is one of the warning signs of emotional inhibition schema. If you're isolating

yourself from society because you don't want to be around other people, it can be difficult to break out of the cycle. One way to combat this is by trying out new activities that put you in the company of others. This might be something as simple as going for a jog or cooking dinner with a friend. It can also be helpful to talk about what's going on and how it makes you feel with someone who cares about your wellbeing or close family member or friend. The more emotionally connected you are with those around you, the easier it will be to regain some sense of belonging and connection. As an added bonus, isolation can make you susceptible to anxiety attacks and depression. So try not to shut everyone else out just because they don't understand what's going on with you. Find ways to interact with them and show them that you do care about them. The important thing here is to make sure you're getting enough social contact while avoiding too much exposure so that it doesn't overwhelm you.

6) Unhealthy coping mechanisms

Many people are able to function in their day-to-day lives without feeling any emotions. They may think of themselves as being fine. But this is a type of coping mechanism called emotional inhibition schema, and it's a sign that you're in need of some serious self-care.

1. If you are constantly on guard, trying not to let your feelings show or if you have a tendency to

bottle up your emotions, this could be a sign that you're comfortable numb.

2. If you feel numb all the time and don't know what it feels like to be sad or angry, then this could also be indicative of emotional inhibition.
3. When you realize that everything in your life has felt gray and void of color, it's important to take action before things get worse.
4. People who are uncomfortable with their own feelings will go out of their way to avoid feeling them at all costs.
5. You may find yourself constantly seeking out distractions just so you don't have to deal with anything else but when it starts impacting other aspects of your life such as work or relationships, this might be a warning sign.
6. Finally, there's no shame in asking for help from someone who can provide assistance from an objective viewpoint. Sometimes we just need someone outside our own head telling us the truth about how we really feel - even if it hurts - so we can move forward.

Secret of Productivity is Focusing of Thoughts

The secret of productivity is focusing of thoughts. Many people focus on other things instead of the task they should be doing. This causes them to be in a state of mind to do the other things they are thinking of and not

the task they are not thinking of. This is one of the biggest reasons for procrastination and continual postponing of required work. When you are thinking of something else, you would be more in the mood for that activity. You would be less in the mood for work and that's why you keep avoiding.
What most people lack is not capability but motivation. The more motivated you are, the more you would be driven to achieve. Successful people are motivated people. It's easy to be motivated when you take conscious control of your mind. Don't let your mind wander away from what you intend to accomplish. Scattering your powers by idle thinking gets you nowhere. Powerful people rule themselves and their reality by holding all their thought power together. Motivation channels energy towards result getting.

Focusing of thoughts is also how you get people to become motivated into taking action. To be successful in business, you need to be a master of directing attention. Use your communication to get people thinking more and more about what you want them to think about. By directing people's thoughts, you can motivate them to work harder for you, buy more products from you or desire you even more. That's why following up, clever marketing and branding are essential keys to being top of mind in customers.

What are few things you should not do in your life?

1. Never get upset if someone leaves you. You can never control the other, the only person you can control is yourself.
2. Be a good person and don't expect anything from anyone. Expectations will cause you nothing but disappointments.
3. Looks matter. People who look good have an unfair advantage over the others.
4. Never stop being a good person because of your bad experiences with others.
5. If you don't take a stand for yourself, people will walk all over you.
6. Find a strong support network. Good contacts are very important in tough times.
7. Work hard but if you don't work smartly, you'll end up working for the rest of your life.
8. Take care of your health. Health is like money, we only learn it's value after losing it.
9. People can change anytime, so never stay dependent on anyone.

What's the best life advice that someone gave you?

1. You are allowed to change the price of what it costs to access you.
2. No one can compete with you on being you.

3. Remember to learn your limits, because the takers don't have any.
4. You will bloom if you take the time to water yourself.
5. Don't judge someone's story by the chapter you walked in on.
6. You cannot speak butterfly language with caterpillar people.
7. Don't caught up on what could have been. If it should have been, it would have.
8. Avoid the temptation to make choices that are familiar but no longer serve you.
9. You can't reach what's in front of you until you let go of what's behind you.
10. Be yourself. So that the people looking for you can find you.

What are some of the best life tips?

1. Remember that most people can't read minds. If you have a boundary, it's your responsibility to communicate it clearly with others.
2. If you're young, don't underestimate the importance of befriending people who are much older than you.
3. The saying "You are what you eat" extends beyond food and applies to what you watch, read, listen to, and all your other media choices as well.

4. Before buying something cheap, ask yourself one question - "Am I rich enough to buy all cheap things?"
5. Don't turn your dates into interview. Asking open-ended questions - who, what, when, where - can be a valuable social tool.
6. When someone hands you an object with both of their hands, it's courteous to receive it with both of your hands as well.
7. If you want something kept a secret, trust me, never tell someone who is married that secret.
8. Actually, people rarely notice your flaws that you worry about, because they're too busy worrying that you'll notice theirs.
9. When it comes to online security questions, never provide genuine answers. Instead, opt for passphrase or combinations of numbers.
10. Don't make important decisions when you're hungry, angry, or sad.

Small Habits That Helped You Achieve Bigger Results

1. Give yourself deadlines

If you're still having trouble sticking to goals because you know your deadlines are "flexible" when you're the one setting them, sign up for a "marathon", announce the launch of your side project business with a release date.

2. Say "thank you" instead of "I'm sorry"

"Thank you for being patient!" Instead of, "Sorry for being late." Is another way to practice gratitude, but it's also a consistent way to be kinder to yourself.

3. Take pictures

Yes, take random pictures and document your life. Document your life by taking pictures of anything important or relevant that you come across during the day.

4. Stop the knee-jerk response that you give, whether it is negative or positive

Instead, respond to all invitations and opportunities with "I'll check my calendar."

5. Mute or unfollow most social media accounts

You may be the sum of 5 people you spend your time with, but you're also the sum of the five people you consume on Instagram.

6. Pause before you answer or respond to people

Train yourself to listen well, by giving yourself time to think up your response in that pause, not while the other person is talking.

7. Set your alarm a few minutes earlier than you need to

Waking up just 10-15 minutes earlier than you need to will help you feel more in control and calmer throughout the entire day.

Some Things You Realized When You Got Mature

Everyone's journey is different, but these are some common realizations that come with maturity.

- Self-awareness: I became more aware of my strengths, weaknesses and emotions.
- Accepting Imperfection: I understand that no one is perfect, including myself, and that it's okay to make mistakes.
- Taking Responsibility: I understood the importance of taking responsibility for my actions and decisions.
- Embrace Change: I learned how to adapt to change and embrace it instead of fighting it.
- Appreciate the little things: I started to enjoy the little moments and appreciate the moment.
- Learning from failure: I understand that failures are opportunities to grow and learn.
- Goal setting: I started setting realistic goals and working towards them.
- Gratitude: I developed a great deal of gratitude for the people and things in my life.
- Find balance: I learned to balance work, personal life and self-care.

How Could One Determine That A Person Is Trustworthy?

1. When someone is sharpening a knife while looking at you and smiling.
2. When someone keeps trying to reach for the wallet in your back pocket when they think you're not looking.
3. (Okay, I'll get serious now)
4. When someone tells you that you are amazing or their favorite person when they don't even know much. It's manipulation, and they will turn around into you being the devil the instant you haven't given them exactly what they want.
5. When they bitch about people behind their backs or that you don't personally know, making you look at them in a bad light before you've even made up your own mind about them.
6. When they try to force you to do things by making you uncomfortable. 'Come on, I bought you a something, you can at least give me a kiss.'
7. When they are always the "victim" in every story they ever tell. The quote 'if you smell shit everywhere you go, maybe it's time to check under your shoe' carries weight.
8. When they only want to hang out with certain people because they have something to gain

from them. ‘Let's hang out with San, she will buy our Entertainment essentials all night long!’ and not ‘Let’s hang out with San, she’s cool.’

9. When they tell you private things about other people because they're possibly doing to same to others about you.
10. When they keep reiterating how much of a "nice guy" they are. People who are nice don't need to say it 73 times.
11. When they constantly say hurtful or snake-type shit all the time but play it off as a joke and claim that it's your fault for choosing to be offended.

You shouldn’t automatically believe everything you read on the internet, period.

Because people upload lies just as easily as they do facts.

Everything you read was written by someone, and therefore you should always assume that the source is imperfect at best.

They could be mistaken. Or they could be lying to you outright.

You have to decide that.

Because of the Internet, anyone has access to just about anything. But the Internet itself doesn’t make any

distinction between good information and bad information.

So for whatever you read, wherever you read it, and whoever wrote it, it is appropriate to apply critical thought and unbiased analysis of the facts.

You are the reader, and it is up to you to distinguish good information from bad.

What Was The Best Relationship Advice You Ever Got?

1. Choose character over chemistry.
2. Change the people around you when you can't change the people around you.
3. Leave any table that is not serving peace.
4. Don't let someone convince you that their gaslighting or criticism is just "joking around".
5. Stay single until you don't have to constantly remind someone how to be better or how to treat you right.
6. Represent yourself accurately on your profile, the person you're gonna date with is already attracted to you.
7. If someone says something disparaging or mean about your body or looks, they are the problem.
8. Create boundaries when you feel guilty for having boundaries.

9. If you want people to ask you quality questions. You gotta have quality responses.
10. Turn boring lifeless "Good Morning" text into phone calls, dates and meaningful conversations.

What Is A Fun Psychological Trick To Try On Someone?

1. If somebody tells an offensive joke about you, ask them to repeat the joke or to explain it. In this case, the joke won't be funny anymore, while the person will feel embarrassed.

2. In order to stop feeling uncomfortable at an event or a party, arrive there a little earlier. It will give you time to choose a comfortable place and to get used to the environment or people. Additionally, people that are late usually get more attention than those who arrived on time or earlier.

3. If you know that someone wants to criticize you or your ideas at a work meeting, sit next to them. It will calm this person down a little.

4. To make your thought sound weighty, say that you heard it from parents or teachers.

5. Pay attention to the color of a person's eyes when you are being introduced to him and smile at the same time. Your eye contact will last for a couple seconds and build up a person's good attitude toward you.

6. If you'll need to shake someone's hand, warm your hands up in advance. Warm hands create a better impression.

7. If you can't say no to a person who constantly asks you for favors, start asking them to do something too. The more, the better.

8. When you first meet someone, make note of their eye color.

This isn't because their eye color is important, but by taking a moment to look and make note of it, you will be giving the perfect amount of eye contact. We all know eye contact is important in social situations.

9. If a person has not completely answered your question, or hasn't come around to see your point yet, try remaining quiet when they finish talking. Your silence will compel them to continue talking.

10. If you are always worried whether you locked the door or not or if your iron is off, just say some absolutely absurd phrase when doing these things (the phrase should be different every day.) For example, you say "green rabbit" and turn the iron off, or "oppressive crab" and lock the door. The next time you think about your open/closed door, you will remember that you said this weird phrase and will calm down.

11. If you want to build a relationship with someone (for example, at work), just ask this person to tell/explain something to you even if you know the answer. This will improve their overall attitude toward you.

Powerful Hacks To Stop The Drama In Your Life

1. Do your best not to judge other people, for you do not know their pain or sorrows. If you cannot speak a kind word, say nothing at all.
2. Work hard in silence, do what you have to do, and ignore the drama and negativity surrounding you. Let your success be your noise.
3. Most people make themselves unhappy simply by finding it impossible to accept life just as it is presenting itself right now. Be mindful.
4. When you are no longer able to change a situation, you are challenged to change yourself. And that changes everything.
5. Don't bother worrying about whether there will be problems. There will be plenty of them, and you'll work your way through every one of them.
6. Worrying is a misuse of your incredible creative energy. Instead of imagining the worst, imagine the best and how you can bring it about.
7. When you focus your heart and mind upon a purpose, and commit yourself to fulfill that purpose through small daily steps, positive energy floods into your life.
8. It's OK to make mistakes. That's how you get wiser. Give yourself a break, and don't give up

or give in to negativity! Good things take time, and you're getting there.

9. Remember, letting go of drama isn't about having the ability to forget the past; it's about having the wisdom and strength to embrace the present.

Things You Should Not Do In Your Life

1. Never get upset if someone leaves you. You can never control the other, the only person you can control is yourself.
2. Be a good person and don't expect anything from anyone. Expectations will cause you nothing but disappointments.
3. Looks matter. People who look good have an unfair advantage over the others.
4. Never stop being a good person because of your bad experiences with others.
5. If you don't take a stand for yourself, people will walk all over you.
6. Find a strong support network. Good contacts are very important in tough times.
7. Work hard but if you don't work smartly, you'll end up working for the rest of your life.
8. Take care of your health. Health is like money, we only learn it's value after losing it.
9. People can change anytime, so never stay dependent on anyone.

What Things Happen When You Fall In Love With Someone?

When you fall in love, here's what happens:

1. Deep Emotional Bond: You become emotionally attached to that person like never before.

2. Resolving Conflicts: In mature love, you both work through serious fights because your love is genuine.

3. A World of Your Own: Love feels like a unique world where it's just you and your loved one.

4. Intense Connection: You long for their touch, presence, and voice. They mean everything to you.

5. Seeing Them Everywhere: You start seeing your loved one in others, reminding you of their constant presence.

6. Inner Happiness: Love makes you happier and gives life more meaning.

7. Looks Aren't Everything: Physical appearance becomes less important compared to their character.

8. Rare and Precious: True love is rare; when you find it, treasure it.

Ever Lasting Relationships, What's Your Secret?

1. Never compare your relationship to someone else's. Even if similar, it is always like comparing apples and oranges and won't help your relationship.
2. Get curious before you get mad. Your partner does something you don't like and you think he/she knows you don't like it. Calmly ask why he/she did it and be open to actually hearing the response. The response *might* make you angry, but I've found that more often than not, couples misunderstand each other. If they asked more questions before jumping to assuming the worst, a lot of arguments could be avoided.
3. Respect Each Other (even during an argument)
4. Show Affection and Appreciation
5. 5:1 Magic Ratio- There must be a minimum of 5 positive interactions for each negative. The Magic Relationship Ratio, According to Science
6. Be Playful (most successful couples have inside jokes that they don't share with others

Clues Indicate Whether Someone's Smile Is Natural Or Forced?

Originally Answered: Non-Verbal Communication and Body Language: What clues indicate whether someone's smile is natural or forced?

Alright, let's unpack the tale of the smile - the universal sign of happiness, or sometimes, the mask for politeness.

1. **First off, let's talk about the eyes.** They are, by a mile, the biggest giveaway. When a smile is genuine, it engages the whole face. And the eyes, those little spheres of truth, crinkle up at the corners, creating what's known as "crow's feet" or "Duchene marks". It's a sign of authenticity, a kind of trademark for a true smile.
2. **Now, when a smile is forced,** the lower half of the face goes through the motions, but the eyes? They just don't play ball. They remain largely uninvolved, distant spectators to the spectacle below. This creates a mismatch of expression—the mouth says "I'm thrilled" but the eyes say "I've read more convincing fiction."
3. **Then there's the speed of the smile.** Natural smiles tend to blossom like a time-lapse of flowers opening on a warm spring day; they're smooth and typically emerge gradually. Forced smiles, on the other hand, are like flipping a switch—they appear and disappear in an instant, often with an abruptness that can almost cause whiplash.
4. **Another sign to watch for is symmetry.** Genuine smiles are usually pretty

symmetrical; both sides of the mouth lift in a harmonious upward dance. When a smile is faked, it's like one side got the memo, and the other decided to sleep in. In other words, it can be lopsided or poorly coordinated.

And don't even get me started on the duration. Fake smiles don't stick around; they fade faster than your favorite jeans. A real smile lingers, like the last guest at a great party, soaking in the good vibes.

- **Lastly, let's consider what the rest of the body is doing.** A sincere smile comes along with an open, relaxed posture. When someone is faking it, their body language might betray them—crossed arms, a tense stance, or fidgety hands can all indicate discomfort or disinterest, which the faux-smile is attempting to mask.

So the next time you're trying to read someone's smile, remember—it's all in the eyes...and the timing, the symmetry, the duration, and the body language. Decode those, and you've pretty much got a lie detector for smiles.

Psychological Facts About Attracting People

8 psychological facts about attracting people. These are based on scientific research and personal experience

1. People are more attracted to those who have a similar level of attractiveness as themselves. This is called the

matching hypothesis, and it means that you should look for someone who is in your league, not above or below it.

2. People are more attracted to those who have a similar sense of humor as themselves. This is because humor is a sign of intelligence, creativity, and social skills, which are all desirable traits in a partner. So if you want to impress someone, make them laugh!

3. People are more attracted to those who have a similar personality as themselves. This is because personality compatibility is important for long-term relationships, and it reduces the chances of conflict and misunderstanding. So if you want to find your soulmate, look for someone who shares your values and interests!

4. People are more attracted to those who have a similar smell as themselves. This is because the smell is linked to the immune system, and we tend to prefer those who have a different immune system than ours. This is because it increases the genetic diversity of our offspring, which makes them healthier and stronger.

5. People are more attracted to those who have a similar name as themselves. This is because name similarity creates a sense of familiarity and liking, which are both essential for attraction. So if you want to catch someone's eye, try using their name more often!

6. People are more attracted to those who have a similar facial expression as themselves. This is because facial expressions convey emotions, and we tend to like those

who feel the same way as we do. So if you want to connect with someone, mirror their facial expressions!

7. People are more attracted to those who have a similar body language as themselves. This is because body language communicates attitudes, intentions, and feelings, and we tend to trust those who are congruent with us. So if you want to build rapport with someone, match their body language!

8. People are more attracted to those who have a similar voice as themselves. This is because voice is a powerful indicator of personality, mood, and emotion, and we tend to enjoy listening to those who sound like us. So if you want to charm someone, modulate your voice!

Some Good Facts About Human Psychology

Many renowned Research Association defines `Psychology` as the scientific study of the mind and behavior. Through the years if the said practice, it has been subject to many misconceptions regarding its real nature as well as of its practitioners. Still, its many discoveries on the human psyche are one of the fun things about it.

- A gene is the cause of one being negative almost all the time.
- Good liars are also the good ones in detecting lies from others.
- Tearing the paper off drink bottles is a sign of sexual frustration.

- The type of music you listen to has an impact on your perception of the world.

Having positive and happy people around you can keep you happier.

Everything your mind says has an equivalent reaction from the cells in your body. It is the reason why amounts of negativity eventually take your immune system down and make you feel sick.

Sarcasm is a sign of a healthy brain.

People who could instantly use sarcasm in response to a trivial question have healthy minds. Moreover, those who could understand `cynicism` well are also good at reading people's minds.

'Catching a yawn' shows empathy.

Yawning upon seeing someone else yawn is a common occurrence, despite not feeling tired nor sleepy. One theory on its contagiousness is that people 'catch' it to show `empathy`.

Hence, toddlers and young people with autism are less likely to have the symptoms as they have yet to learn compassion. `Tears` indicate the reason for one's crying. If the first teardrop came from the right eye, the person is crying tears of joy, Otherwise, the person is crying tears of pain.

A person still has 7 minutes of brain activity upon dying. In those moments, they see their memories in a dream-like sequence. The length of your tongue tells something about your sexual curiosity.

If you could lick your elbows, then it means that you are more willing and open to trying new experiences. The way you dress has a connection with your mood.

It is not just in the `color` that you choose to wear. Dressing well could also help in keeping you stable and happy. A single negative thing could be only be outweighed by at least five positive things.
Your brain remembers bad over good; an effect of this thing called 'negativity bias.' It is also the reason why you keep dwelling on how a coworker insulted your outfit despite hearing a compliment from your client.

In order to have a balance, a 5:1 ratio of positive to negative is a must. Food made by someone else tastes better than your own cooking, despite having the same recipe.

A study found that making a meal requires you to stand around it so long that it already feels less appealing by eating time. Hence, your satisfaction decreases subsequently. You tend to believe only what you want to believe, unintentionally.

The human `brain` is also captive to 'confirmation bias' which makes people render facts to somewhat confirm what they already believe. For instance, your grandpa changing his political opinions has little to no chances despite your swaying attempts.
It is just one of the psychology facts that you could not change and just have to accept. Your memories are easy to manipulate.

In a span of 3 hours, you could be wrongly convinced that you committed a crime in your teenage years. Thinking in another language makes your decision sound more rational. You tend to be less discerning about money in your native tongue. In other words, the language you use affects your decisions. A `rule` too strict would only get you to break more.
Psychologists found how this 'reactance' phenomenon affects people's perception of rules. Not only would they want to break a certain rule that takes certain freedom away; they would also break more aside from that. This might be the part of psychology facts behind a teenager who is not allowed to use a phone in class would even chew gum in the act of doing so.

Your `dreams` are more meaningful than your conscious thoughts., dreams are more meaningful than conscious thoughts, psychology facts, Among all of the dreams you have had, 70% of it contains secret messages. It means that they bear more importance and worth than the things you think in your conscious. Having a plan B would only make plan A less likely to work.
The University of Pennsylvania held a series of experiments that revealed that volunteers who prepared a backup plan before starting a task did worse than those who did not. Team Plan B realized that having options made their motivation to succeed the first time drop.

While it is good to think ahead, keeping those plans vague first could make you be more successful. Fear is an actually good feeling if you are not really in danger.

There are people who love scary movies and there are those who do not, and the difference might be in their `hormones`.

Such activities give you adrenaline, dopamine, and endorphins from a fight-or-flight response.
However, your brain knows that you are not in real danger, so you still get that natural high despite how scared you feel. You tend to care more about a single person rather than about massive tragedies.

Another one from the University of Pennsylvania, this study had one group learn about a starving little girl, another group learn about starving millions and a third group who learned about both situations. The results showed that people who heard about the little girl donated more than twice the amount than when they heard the statistics.

Psychologists believe that although you would willingly help a person, you would `conclude` that your little part could not do much when a problem seems too big. You would prefer anticipating something bad over not knowing what to expect. Researchers found that something negative that is about to happen is less stressful to grasp than not knowing how things will end up.
The consequences-predicting part of your brain becomes more active when you have no idea what to expect. Returning a favor is in your nature.

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1. Friends, psychology facts
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Good manners could not take credit over the 'rule of reciprocity.' This brain command programs you to want to help someone who helped you. It might have developed with the goal of keeping the smooth flow of society. Being tested on things help you remember them better.

Some psychology facts for the kids: testing is an efficient tool for learning. A study discovered that information could

last longer in the memory of a person tested for it than when only studied without the need to remember immediately. You obsess over things which you feel you lack.

`Take money for example.` The human brain is scarcity-sensitive; it constantly feels that you are missing things that you need. Farmers, for instance, come up with better plans when the cash flow is good than when money is tight.
You are in a constant search for human faces in inanimate objects.

This sensation is called 'pareidolia' which scientists think came from the notion that face recognition is an important part of social life. It entails how your brain tends to find a face where there is none rather than missing a real one.

You always find a problem.

It is psychologically normal for you to find another problem upon resolving one. One research demonstrated that volunteers who are asked to select computer-generated faces that look `threatening` eventually resorted to faces that do not.
It turns out that as the volunteers ran out of threatening-looking faces, they started turning to faces that they would usually call harmless.

People would rather alter facts than change their opinions about people. As much as 'cognitive dissonance' normal, you hate it when reality contradicts your beliefs. It explains why you undermine a loved one's wrongdoings despite how bad it is. High expectations incline people to rise to it while low ones have no such effects. The Pygmalion effect holds the explanation as to why you do better when other

people believe you would. On the contrary, you could not do well when someone expects you to fail.

Crying has benefits.

Crying has benefits, psychology facts, Doing so could make you feel a lot better, reduce stress, and could even help in keeping your body healthy. It is possible to feel certain about something without facts or reasoning.

Undergoing electric simulation over that specific part of your brain could trigger a feeling of certainty despite the absence of evidence or logic. Some people are afraid of feeling too much `happiness. It` is due to the fear of the pattern that something tragic might happen next.
There is a reason why that song is your favorite. It is not just about the lyrics or the tune, it is because you link that song with an emotional event in your life. Smart people tend to depreciate themselves.

On the other hand, ignorant people think they are excellent. This psychology fact would make you take a second look at the people that you know and how they present themselves. The pain from being ignored is not an overreaction.

This feeling has similar chemical effects as to that of a physical injury. Hence, your brain handles rejection like it would with physical `pain`. Being lonely is worse for your health than you actually think.
A Harvard University study found a connection between extreme `loneliness` and the very same levels of the blood-clotting protein responsible for stroke and heart

attacks. In other words, not having friends could have the same deadly effect as smoking. Psychology facts proved that power lessens a person's care for others. Aside from the Stanford Prison Experiment, other studies found that people who are in the position of power become worse at assessing another's feelings. It shows in their lack of facial expression which is a major indicator of loss of `empathy`. Receiving rewards could convince you that a boring task was fun. reward system, ice cream, psychology facts.

1. `Your brain gives less importance to long-term deadlines.`

   Yes, you are a procrastinator for a psychological reason. The brain makes you prioritize urgent tasks, regardless of its importance, because it knows that you could complete them.

1. `Optimism could be taught.`

   What's more, is that researchers also observed that you could teach it to yourself. Psychologically speaking, there is more behind an internet troll. `Scientists` claim that most of them are naturally psychopathic, narcissistic and sadistic. What considered normal anxiety levels has increased over the years.

   The average 1950s psychiatric patients demonstrated the same level of anxiety that could be found in today's average high school kid.

   People aged between 18 and 33 carry the most amount of stress in the world.

   The stress levels only tend to reduce after the border age of 33.

France is the most depressed country in the world.

For every 5 people, 1 suffers from depression. Above ⅓ of Europeans overall have a mental health disorder. Artists from creative fields have an 8% greater chance to suffer from bipolar disorder than those from less creative ones. Studies have found a connection between bipolar disorder and a person's creativity. But this definitely does not mean all creative people have bipolar disorder, and not everyone with bipolar disorder are creative.
A broken heart could be a legitimate cause of death. The broken heart syndrome is also called stress cardiomyopathy, and it could lead to critical, short-term heart muscle malfunction. The influence of power could have the same effect on a person as that of a traumatic brain injury. Victims become more unpredictable, less concerned about risks, and less proficient at being sympathetic and emphatic.
Your addiction to social media is the result of its psychological scheme.

1. Addiction to social media, psychology facts

This formula is the real reason why you continue to scroll Facebook despite only going there to check some notifications. Being able to stay on the site regardless of interaction and activity is relevant to the infinite scroll where your brain does not get any stop cue. There is a psychological reason why you felt that your phone vibrated when there is actually no notifications.

This condition is called the Phantom Vibration Syndrome, and a whopping 68% of the population suffers from it. If

you think that your idol is in love with you, there is a huge chance that you are suffering from a mental illness.

A psychological disorder named 'erotomania' occurs when a person who believes that a famous identity is in love with them. Some people live their life as if they are in a reality TV show. They suffer from what is called the Truman Syndrome. Patients with this psychological disorder believe that they are, indeed, stars in a reality TV show. Getting your hopes too high for Paris could give you a mental health disorder.
Mainly Japanese people suffer from Paris Syndrome, a psychological disorder caused by disappointment from realizing that Paris is not what they expected it to be.

Local culture is one of the factors that affect hallucinatory voices. For one, voices in the U.S. sound harsh and aggressive. Whereas schizophrenics in India and Africa hear more mild and playful voices.
Hikikomori is a common mental health condition in Japanese males.

Approximately a million of this population lock themselves in their bedrooms for years. Subsequently, they generate social and health problems thus called the hikikomori.
Narcissistic Personality Disorder occurs in about 6% of the population. This condition shows symptoms of having a sharp sense of self-importance and an apparent lack of empathy.

A person with Narcissistic Personality Disorder often also suffers from depression or anxiety. However, this coexistence is usually the sole reason why a narcissist would opt for therapy. Tylenol a.k.a. acetaminophen is not only good for physical aches, pains, and fever. It is also known

to alleviate psychological conditions like social rejection. Antidepressant drugs carry more than just sexual side effects.

1. Crying, psychology facts

It could also suppress any human emotions relevant to love and romance. There is a psychological reason behind your urge to go to the beach when you need a vacation. The sight of water has that soothing effect that makes people who witness it happier, calmer and even more creative. Hence, living in such a view is a good idea.

Paranoia has its opposite disposition. Known as the paranoia, this delusion makes you think that people have secret plans for building your success.
People tend to value objects more when they assembled it by themselves, even just partially. Primarily named after furniture from the famous store, the 'IKEA effect' is the cause of the irrationally high value on such objects in spite of the end result's quality.

Leonardo Dicaprio's movie 'Inception' highlighted ideas from psychological scientists.

Beyond the special effects and great actors of the movie lies a deep storyline. It low-key demonstrated how ideas could be instilled into a person's mind and integrated into its memory, as per the Association for Psychological Science.

Start Or Strengthen The Habit Of Reading

Reading is important because **it develops your mind and gives you excessive knowledge and lessons of life**.

Research shows that **kids who start reading at a young age have a better vocabulary, comprehension skills, attention span, and a higher level of confidence**. It's a great tool to improve and sharpen memory too.

"A reader lives a thousand lives before he dies . . . The man who never reads lives only one." – George R.R. Martin

It helps in brain development and makes you more imaginative. Helps you pick up language skills. Stimulates curiosity. Develops the communication skills.

Reading habits is like a blessing for the mind, a nutritious vitamin for health. It is rightly said, "***Reading makes a full man***."

One can easily learn to distinguish between various subjects if one read on a regular basis and writing is connected to reading as well because in order to be a writer, one also needs to be a good reader.

No one can write until he or she reads. This is mainly because reading helps develop both creativity and intellect. Regular reading habits will this help also help develop a writer's confidence and pace.

Moreover, reading on a wide range of topics and subject will also increase the reader's knowledge on certain matters and as they say, "***Knowledge is power."***

Best Advice That Your Parents Had Given You

1. Watch your back. People are different behind your back and even more different at your face
2. You can't really control someone's loyalty towards you. You can do so much for someone and still not be treated well
3. Just because someone does bad to you doesn't mean you should let them drain the good out of you. Be good even if the other person is not or doesn't deserve it (you shouldn't change yourself because someone is different)
4. Believe half of what you see and don't believe anything you hear.
5. If you have to keep asking yourself if something is worth it then maybe it's not
6. We are the average of the people we spend time with. Surround yourself with good people to be a good person.
7. Do it right the first time so you don't have to do it again
8. If you love something let it free, if it comes back then its yours and meant to be and if not then move on.

9. You have two ears and one mouth so listen twice more than you speak

The Real Truth Of Life

1. You have to experience life to understand it. It's simple like if you don't ever taste a bad apple then you would not appreciate the taste of a good apple
2. The pain won't leave but you will have to learn to leave the pain
3. We always ignore those who care for us and care for those who ignore us. Humans are so weird...
4. I read somewhere that you can't recover three things: the word after its said, the moment after its missed and the time after its gone.
5. A poor person has no friends
6. You can have good intentions, do good to others and still have people wish bad upon you and hate you
7. It's difficult to erase a mistake thats why as kids when we grow up; a pencil is replaced by a pen.

The Shortest And Deep Meaningful Quotes

1. Moving on is not about forgetting but accepting that it was never meant to be

2. A heart is like a precious and fragile plate. Break it once, it will never be the same because it will have cracks.
3. Keep relations with everyone but don't keep expectations from anyone
4. You live only once
5. Some bonds are like Tom and Jerry. They fight a lot but can't stay apart
6. Pain changes people; forcing them to trust less and overthink more
7. Things that are meant to be will always find a way

What Would Be Your Advice For Teens

1. There are three things you can do after a mistake
a. Admit your mistake
b. Learn from your mistake
c. And try not to repeat the same mistake
2. Do not assume loud is strong and silence is weak
3. Sometimes you have to trust yourself first before you want others to trust you
4. Life isn't fair but you shouldn't waste time mourning about that
5. Hard work usually pays off
6. The journey is more important than the destination. It's important to focus on the

process then to stress about the success in the end.

7. It's okay if you don't fit in. You don't have to. You might feel the pressure to fit in or to be part of something but remember standing out is not easy as well but it's a good thing and that's what makes you stronger
8. Never feel like you have to act a certain way or do certain things to win someone's approval because that is the last thing you have to do or worry about. Other people's opinions should not matter at all to you.
9. Fall in love with yourself. You will have friends talking about their relationships but it's to be remembered that the most important relationship you will ever have is with yourself and you will NEVER break up.
10. Lastly live your life to the fullest

What's The Hardest Truth Of Life

1. **Control is an illusion**. Often times we believe that we have more control over things than when we actually do (leading us to overestimate our odds of succeeding).
2. We waste two things in life: *health and time*. Once we lose it then we realize their value
3. You don’t have to wait for an apology to forgive
4. *Everybody gets hurt* and this leads to two kind of people; those who hurt others to make

themselves feel better or those who try their best to not hurt anyone so no one goes through what they went.

5. Everyone's life is full of struggle, problems, regret, sadness, betrayal, and loss. You are not the only one with a "*bad life*." The only difference is that some don't complain while others do.
6. We pay the price for *everything we do* (some bad choices) *and don't do* (like not taking care of your health, or neglecting your loved ones)
7. Many of us lose good years by *loving and being loyal to toxic people*
8. We all age but only *some of us mature*

What Is Something People Need To Understand?

1. Marriage is part of life; it's not life
2. Education is important but you are not defined by your grades, or your academic success, or what college you went to
3. Mind your own business. Interference is not necessary.
4. People who live abroad don't have dollars growing on trees in their backyard
5. When someone says "no" then it means NO. Nothing less or more.

6. When disagreeing; you should disagree with the opinion not with the person (everyone has a different perception and respect that)
7. Life does not go your way and that is a good thing. If it was to go your way then there would be no value or meaning to it
8. If others dislike you then it's not a bad thing. You can't be everyone's cup of tea (some people don't even like tea)

What Is Something You Wish People Knew?

1. You are not a rehab. Its not your job to fix everyone
2. Just because someone is smiling, it doesn't mean they are content. It could just mean that they are struggling internally but don't want to share it
3. If someone shares their pain with you then just know that they are not asking for your pity or advice but for your time (to listen to them and understand what they are saying)
4. You can do so much to save a person who is dying but if they don't have the willpower to live then there is nothing that can save them from death
5. If something is taking time, it does not mean that it won't happen

6. If someone is able to take out time for you it means that you are their priority not that they are free
7. People who tell you what you need to hear are better than those who tell you what you want to hear
8. Knowing is not enough; you must take action. There are many people who know what to do but only few people do what they know

Some Things That Look Easy But Are Difficult

1. Moving on
2. Marriage (thinking you will be able to be romantically involved with someone you are marrying when it may not be possible. Marriage itself is a heavy responsibility and the reward for doing it well is immense.)
3. Making new friends
4. Maintaining friendships even after you part your ways (like after graduation)
5. Trusting a stranger
6. Forgiving someone who betrayed you
7. Forgetting a loved one
8. Coping with loss
9. Active listening
10. Saying goodbye to your parents on the day of your wedding
11. Proposing to the person you love

12. Fulfilling your parents' dreams
13. Saying "I'm okay" when you are not okay
14. Learning how to cook
15. Lying and keeping up with your lies
16. Writing on Quora and trying to be consistent (it can be a lot of work)

What Life Advice Do You Value Most?

1. **Stop trying to be happy.** You can't be happy all the time and its okay (since we are all humans-we have our ups and downs/happiness and sadness)
2. My mom tells me to **not make impossible affirmations** because they create belief traps. Instead accept realistic beliefs
a. Its like standing in the mirror and saying "I am hot model" when you know its not completely true; instead say "I am amazing for my age" (may not be the best example- but it fits in for me)
3. My teacher always said "balance is overrated. Balance is like a seesaw at rest: it's boring, lifeless and dull." Instead, you **should strive for an imbalanced life**: look for experiences that contribute to a thrilling life full of wonder, excitement, and even mistakes.
4. **Let go of your ego**. Your ego often times prevents you from doing things that might be worth it (like stopping you from signing up for

the talent show or not confessing your feelings to your crush). Sometimes its okay to ignore it and do whats best for you since who knows it might be of your betterment.

5. I read this on pinterest: "*Drive it like you stole it and live life to the fullest.*"
6. **Take risks** or you might end up working for someone who does
7. We do a lot for the things we value the most (like spending time, effort, and money on them) but if you are not doing anything about something you know you want then maybe you don't want it as much as you think you do

Learned To Be True After It Was Too Late

1. Life is a meaningless interplay of need and desire
2. If you make things easier for others then things would be made easier for you
3. When working towards something, errors are bound to happen since we are not perfect after all
4. You will never have it all figured out and it's okay
5. If there is no pain then there is no gain
6. Our purpose should be to collect experiences not possessions
7. Work hard but do not expect the result

8. Success does not bring happiness. Happiness brings success!

Lesson You've Ever Learned From A Fictional Character?

1. Good people can often follow dark paths because of trauma beyond their control.
2. Forgiveness sets you free
3. Life is the struggle where people might have to be decent in a troubled world.
4. Life is mostly about experiences that unleash a tangled chain of pain and hatred, one that will consume us all if we let it.
5. Giving haters a taste of their own medicine won't heal your wounds
6. Don't live your pain and don't let your anger control you
7. Bad times do not announce their arrival
8. Villains are humans too. They have a heart too and emotions as well

Best Advice For Girls

1. Beauty is not about having a beautiful face but about having a beautiful mind, soul, and heart.
2. You are worth more than what you look like.
3. Stop trying to be like other girls. You are unique in your way. You don't have to act like them to fit in; just be you.
4. Saying "no" is not rude.

5. Learn to put yourself first. You come before everyone else
6. Having a Temporary husband or permanent, is something that is not needed but wanted. It's your choice.
7. Get used to being alone and know that it's okay. You can't always have someone by your side; sometimes it is just you for you.
8. Work hard and always have your studies come first
9. Surround yourself with only good vibes and people.
10. And the most important thing is: keep going. If you are going through some breakup or death know it will end soon-all you have to do is keep walking on your path and just not look back with regret. You did enough and now it's time to do more for the future.

Some Most Important Unspoken Rules In Life

Exceptions always exist

1. When you go to someone's house for a social gathering never go empty handed. Always take something whether it's some money or a cake or a bouquet of flowers.
2. Don't propose to your love at someone's wedding and don't start any drama since it's not your day.

3. If someone has headphones in, do not bother them (unless it is something very important). Let them enjoy their solitude and song.
4. If you cancel on a friend make sure to reschedule for them
5. If someone is coming to pick you up for a ride; be ready before they arrive. Do not waste someone else's time
6. Don't make promises you can't keep (since your promise can mean so much to someone).
7. When at the gym do not make fun of someone who is overweight. They know and are trying.
8. Just because you have a bad day doesn't mean you ruin other people's day
9. Always thank people who are helpful in your daily life whether it's your bus driver, teacher, neighbor, or the school janitor. Simple gratitude can make someone's day.
10. If someone comes up to you and starts talking loudly about how you are their friend then you play along. They say a friend in need is a friend in deed.

Surprising Psychological Facts About Women

1. 80% of women use silence to express pain
2. Women take 15 days to fall in love. Men just...8.2 seconds.
3. Females take longer to make decisions but once they make it, they are more likely to stick to it

4. Girls are born with a super prior sense of intuition
5. Women are more likely to fall into depression because they often blame themselves for the negative situation that they are in.
6. Women experience significantly more nightmares than men and have more emotional dreams.
7. A girl cannot keep a secret for more than 47 hours. She would share with someone definitely.
8. The male brain is 10% bigger than the females but the female brain works more efficiently.
9. When a woman is attracted to a man, she speaks in a higher pitch than normal
10. Generally, a woman will only argue with someone she truly cares for. Arguing less occurs when she is less interested.
11. Only 2% of women describe themselves as beautiful.

What Psychological Facts Shock You?

1. I thought I was the only one but some people live their lives as if they were in a reality television show and this feeling that you are in a TV reality show is considered the Truman Syndrome.
2. During the 7 minutes of neural activity you will have before dying, you will see your memories in a dreamlike pattern.

3. You seem to think more about a specific individual than about catastrophic events.
4. We're naturally second-minded because other people don't approve.
5. Information could last longer in the mind of a person evaluated for it than if it were only examined without the need for instant recall.
6. People would rather change the truth than change their views about people.
7. We're the most imaginative in the night and the least creative in the day.
8. The broken heart condition is also called stress cardiomyopathy, which could lead to critical, short-term heart muscle dysfunction.
9. If we have a plan B, our plan A is less likely to succeed.
10. We would like to break more laws if one law is too strict.
11. Our brain doesn't think that long-term deadlines are so significant.
12. The average high school student now has the same level of anxiety as compared to the average psychiatric ward inmate in the early 1950s.
13. Money will buy happiness, but only to a certain extent.
14. The fastest supercomputer in the world takes 24 million watts of power to run, but our brains only need 20 watts and operate over 100,000 times faster.

What Are The Bitter Truths About Smart People?

1. **Smart people can be perfectionists**. Being intelligent often comes with a strong desire for excellence and a high standard for oneself which can lead to unrealistic expectations and a fear of failure.
2. **Smart people can suffer from imposter syndrome**

a. Imposter syndrome is the feeling of not belonging or deserving success, despite evidence to the contrary. Smart people can be particularly vulnerable to imposter syndrome because they are aware of their abilities and the expectations that come with them. This can lead to a constant fear of being exposed as a fraud, even if they have achieved great things.

3. **Smart people can struggle with work-life balance.** Smart people often have a strong work ethic and a desire to achieve great things, which can sometimes come at the expense of their personal lives (working long hours and sacrificing time with family and friends).
4. **Smart people can feel the pressure to be successful.** Because they are often praised for their intelligence and accomplishments, they may feel that they need to continue achieving great things in order to maintain their status. This can lead to a constant sense of pressure

and a fear of failure, which can be overwhelming.

5. **Smart people don't seem to realize how smart they are.** And if they ever realize and admit that they are intelligent, they are automatically viewed as an *arrogant asshole*.
6. **Smart people can suffer from loneliness**. It can be hard to find other people who think and/or feel as deeply as they do.
7. Similar to the point above; the more intelligent you are, the **less satisfying and more frustrating it is to interact with others.**
8. Most smart people **never find meaningful application for their intelligence**.
9. Smart people can be a **target for bullying**. They are also **exploited a lot** by people around them.

a. I know this because I was the nerd (considered one of the smartest people) in my class and most people just befriended me so I could help them or actually do their homework for them and after they got what they desired they left.

10. Lastly, I read somewhere that "**Smart is relative.**" Do you think so?

What Is Your "Golden Rule" When It Comes To Relationships?

1. Never change yourself to get someone to like you since that is when you become unattractive
2. If you want to be content and satisfied then don't expect anything from anyone.
3. Never try to woo someone with your wealth because at the end you will lose both (money and partner)
a. Additional point: you can't force someone to love you, it happens on its own
4. I hear this from my mom; "the way to a man's heart is through the stomach." Which in other words means if you know how to cook good food you will be able to win any man's heart
5. Anger is destructive so when in anger just stay calm (or try to)
a. And never take out your anger on the wrong person
6. If you want someone to love you then you need to love yourself first
7. Before there is love in a relationship, there should be trust. If you don't have trust then you have nothing
8. Always listen to your guts and look out for red flags (things that disturb you)
9. If on the first date, your date gossips about others and keeps mentioning their ex then that's your sign to get up and walk away
a. If they can gossip about someone to you then they would gossip about you as well

b. If they mention their ex then they have truly not moved on and it just won't work out with you at the end (the next thing you know they break up with you to be with their ex)
10. **Forgive, don't forget but move on**

What Are The Top Rules Of Your Life?

1. **No promises**. A hope breaks people much worse than anything. If I'm making a promise, you have my words.
2. Enemies are kept more closer than anyone. Closet people bring catastrophic time.
3. Be simple, silent and secretive. It's the gold which is a talk of the town, not diamond. But diamond has its own value at any time.
4. Be kind and compassionate. If you are the reason of someone's tears, make sure that you will be the reason of their double happiness.
5. Pain and tears should be given who deserve it. It's absolutely justifiable.
6. Revenge is the best thing of your life. Flames of it should always be burning inside you. But make sure, it should not only satisfy your ego but help you to progress in your life.

8 Ways To Live Happy Life ..

1. Accept the things you can't change. If you can and want to change them, do it.

2. Let go of the people who are holding you down. If you considered them, you already know who these people are.
3. Smile at a stranger. It will make both of you smile.
4. Blast your favorite upbeat song and sing at the top of your lungs, dancing as you go.
5. Go for a run. A nice, long run. Run until you feel good; at the very least, you'll be tired enough that the feelings will seem less major.
6. Call someone you love. Just hearing their voice can make your day better.
7. Write down everything you don't like about yourself. Rip it up. Bum it.
8. Realize that you are your own biggest critic. People do not see the faults in yourself that you do. So realize that they are not faults, not imperfections. They make you, **You.**

6 Signs That You Have A Strong Mindset

1. You move on. You don't waste time feeling sorry for yourself.
2. You are kind, fair, and unafraid to speak up.
3. You embrace change. You welcome challenges.
4. You stay happy. You don't waste energy on things you can't control.
5. You are willing to take calculated risks.
6. You celebrate other people's success. You don't feel threatened by other's achievements.

13 Signs Of A Toxic Person You Shouldn't Ignore

1. They always remind you of your past mistakes to keep you down.
2. They reach out when they need you and ignore you when you need help from them.
3. They put people down to feel better about themselves.
4. They act superior and entitled.
5. They don't take responsibility for themselves or their lives.
6. They lack understanding of boundaries.
7. They lack empathy.
8. They leave you feeling emotionally exhausted after an encounter with them.
9. They try control you by guilt tripping.
10. They never apologize.
11. They are easily jealous.
12. They give backhanded compliments
13. They're overly defensive.

09 Signs That Shows Someone Is Selfish

1. They just can't be happy for anyone.
2. They complain all the time.
3. They do what they want. (Always)
4. They never have a flexible routine.
5. They are a control freak.

6. They have too many habits.
7. Thinking only about themselves.
8. Having a picture perfect idea about the future.
9. They are super jealous.

Something That People Do Not Understand About You

1-If I don't have male friends and don't use bad words, it doesn't mean that I'm not funny or I am boring or introvert.

2-If I ignore your mistake, it doesn't mean that I'm fool or don't know about anything.

3-If I don't express my emotions, it doesn't mean that my heart is made up of black stones. seriously, I am very kind hearted person.

4-If I laugh too much even at small things, it doesn't mean that I don't have problems in my life.

5-If I can't trust anyone easily, it doesn't mean that someone cheated on me. I have learned a lot from my surroundings.

6-If I love to listen sad(sometimes)songs that doesn't mean I'm sad or depressed.

7-If I always help you in your bad time, it doesn't mean that you can take advantage without making me realise that.

8-If I give you respect, it doesn't mean that “you are special".

9-If I get good marks in exams, it doesn't mean that I am study lover.

10-If I ignore you, it doesn't mean that I hate you. Sometimes, I want space.

11-If I am talkative, it doesn't mean that I can't live without talking. I love to sit alone.

Bad Habits That Make You Less Attractive

1. You don’t listen when someone is talking.
2. You create conflict for no reason.
3. You constantly act superior.
4. You interrupt others.
5. You constantly complain.
6. You are rude.
7. You turn everything into a competition.

What Are Some Of The Best Life Tips?

1. Pretend bad things don’t exist, and then somehow they don’t.
2. You can complain or fix.
3. Choices made in anger cannot be undone.
4. Be as happy as you seem on your social media.
5. Stop expecting people to love like you do.
6. Be the person your dog thinks you are.

7. If you tell the truth, you don't have to remember anything.
8. Big or small doesn't matter, lies are lies.
9. People come and go, yourself is forever.
10. Your future needs you, not your past.

Mind-Blowing Facts About The Human Brain

- 25% of the cholesterol in your body resides in your brain and 60% of the brain is fat
- Size doesn't matter. Einstein's brain was 1.2 kg: 10% smaller than average
- The brain contains 2% of body weight yet it still consumes 20% of the body's energy production
- It takes five positive things to outweigh a single negative thing. Our brains have something called a "Negative Bias" that makes us remember bad news more than the good ones.
- Babies have big heads to hold rapidly growing brains. A 2-year-old's brain is 80% of the adult size
- The left side of your brain (left hemisphere) controls the right side of your body: and, the right side of your brain (right hemisphere) controls the left side of your body
- Our brains are getting smaller. They are the size of a tennis ball - smaller than they were 10,000-20,000 years ago

- Every time your heart beats, your arteries carry 20-25% of your blood to your brain. The harder you think; the more oxygen your brain will use.
- Your brain consumes about 20 watts of power: enough to illuminate a very dim light bulb
- The neocortex (language and consciousness) accounts for 76% of the brain's mass
- 95% of your decisions take part in the subconscious mind
- Your brain contains 100 billion neurons: about 16 times the number of people on earth
- Men's brains are generally 10% bigger than women's brains
- Women have more grey matter and a larger hippocampus (involved in emotional processing) than men
- Your brain keeps developing until your late 40's
- Second brain: Your gut contains 100,000 neurons (the enteric nervous system). Gut bacteria maker over 30 neurotransmitters, including serotonin.
- Experts agree that there is more we don't know about the brain than we currently know.
- Every time you recall a memory or have a new thought, you create a connection in the brain.
- There are no pain receptors in the brain, so the brain can feel no pain.
- Reading aloud and talking often to a young child promotes brain development
- There are about 100,000 miles of blood vessels in the brain.

Golden Advice You Learned In Your Life

1. Jealousy can hide in complements, envy can hide in support and hate can hide in love. Just because they're giving it to you, **doesn't mean they have it for you**.
2. No one is judging you as hard as you think. And if they are, that sounds **more of a their problem** than your problem.
3. Everybody says they are grown and mature until it's time to apologize or communicate.
4. Leave people in whatever the reality they have chosen.
5. People always have a way of revealing who they are. You just have to give them space and time to do so. **No mask can be worn forever**.
6. **Trust nobody**, people talk good and still move different.
7. The less people you chill with, the less problems you deal with.
8. Anybody can change suddenly, doesn't matter how close the bond is. At some point you have to let people go, before they destroy you as a person.
9. It's not overreacting, we all have different sensitivity. If it hurts, it hurts.
10. Be clear on who gets your time, who gets your energy and who gets nothing.
11. Don't go above and beyond for people anymore. Include them as much as they include you. **Don't do extra**.

The Easiest Psychological Tricks

Some of the easiest psychological tricks to play on other:

- Saying 'You're right!' instead of 'I know' makes you look less like an asshole and doesn't diminish something someone else may have just found out.
- When somebody shy is speaking, if you look at them and nod your head, it encourages them to keep talking.
- Instead of asking, 'Do you have any questions?' ask, 'What questions do you have?' The first almost always results in silence, while the second helps people feel comfortable asking questions.
- If you need to deescalate someone and get them to communicate, ask them questions about numbers or personal information
- When you have something important to say to your kids, say it very quietly so that they listen. They're immune to your yelling, but whispering gets their attention.
- To avoid workplace drama and be liked, compliment people behind their back
- Say hello to everybody you know, and say it with a s So little effort for a person to find you friendly!

What Are Some Of The Best Quotes By You?

1. If your life sucks, Suck it back.
2. People who frequent other people's weddings are often contemplating their own wedding; People who frequent other people's funerals are often contemplating their own funeral.
3. Everybody is crazy. We just don't know it.
4. One person knows the truth. Another person knows how to fake it. You can't tell the difference.
5. Love is when two people are addicted to each other like a drug, and their hearts are stuck together like bread and butter.
6. There's no need to say anything if it doesn't make any sense to others.
7. The shortest man or woman beats the law of gravity at least by half.
8. Don't fall in love if you can't control your heart. It will kill you.
9. Before you complain and whine about lack of shoes consider another person who has no legs.
10. 80% of women use silence to express their pain. You know they're truly hurt when they choose to ignore you.
11. Falling in love in this generation is risky. Your money could be on the line.
12. Life is a gift. We just don't know it until we lose it.
13. It's not about the quantity of life you live. It's about the quality of friends you make.

14. If you break the heart of someone who loves you deeply, you've lost the trust of someone you'll never find again.
15. Telling a partner, you love her while hurting and breaking her heart is a psychological and emotional abuse.
16. Love yourself to the extent that other people are jealous of you.

How Do You Know If Someone Is Mature Or Not?

1. Responsibility

A mature person takes responsibility for their actions, rather than blaming others or making excuses.

2. Emotional stability

They are able to handle difficult emotions, and remain calm under pressure.

3. Humility

A mature person is able to admit when they are wrong and ask for help when they need it.

4. Empathy

They can see things from other people's perspectives and consider the feelings of those around them.

5. Flexibility

They are able to adapt to changing situations and find solutions to problems.

6. Respect

They show respect for themselves and others, treating everyone with dignity.

Things That Adult Should Know

1. You are not the main person in everyone's story.
2. Spend some time with yourself to figure out the things you want to do in your life, do not always depend on others for your answers, no one can better understand you then you.
3. Sometimes the things that breaks you the most ended up teaching you the greatest lessons of life.
4. Work hard to achieve but make sure, your actions should not hurt others.
5. Don’t just exist, just live.
6. Do whatever you wanna do in your life, but with dedication, love, honesty, compassion and in silence.
7. Don't overthink about everything sometimes it’s just our minds that create the stories that aren't real.
8. If you have a vison for your life work for that, don't settle for little.

Some Psychological Facts About Marriage Partners

1. Psychologically, women are less attracted to men who have a pot belly. A large amount of abdominal fat on an individual indicates that they have lower levels of testosterone, which means that they also have lower sex drive and low fertility.
2. Men are more attracted to women who possess a bone structure that resembles that of their mothers. This is known as "sexual imprinting"; which is a term coined by researchers.
3. Most women are attracted to men who possess a strong sense of humor. Generally, a strong sense of humor is associated with intelligence and honesty.
4. Holding hands with someone you love, can help to alleviate physical pain as well as any feelings of anxiety, stress and fear.
5. Happiness is contagious. It's hard for people to walk away from someone who is happy, or to not love someone who is happy simply because they are so enjoyable to be around.
6. Men who possess deeper voices are more likely to appear attractive or make an impression on women than men who possess higher voices.
7. According to some psychologists, human beings are not capable of being "just friends" with members of the opposite sex.
8. The act of falling in love is known to have a calming effect on a person's body and mind.

This, in turn, will raise levels of nerve growth for about a year.

9. Apparently, it will only take up to 4 minutes to decide whether you like someone or not. As such, if you want to make a good impression on someone, you have only got around 4 minutes to do so. Getting and keeping someone's attention and attraction is believed to have more to do with body language and tone and speed of your voice rather than things that you actually say.
10. When two people who love each other look into each other's eyes, then their heart rates synchronize with each other. Studies have shown that couples who are in love are so bonded that after three minutes of looking into each other's eyes, their heart rates will synch up with each other.
11. Falling in love is known to release the same neurological effects as cocaine. Both falling in love and taking a dose of cocaine will give your brain similar feelings and sensation of euphoria. Falling in love produces several euphoria-inducing chemicals in your body that will stimulate about 12 areas of an individual's brain.
12. Cuddling is known to release natural painkillers. When two people embrace or cuddle, their brains release oxytocin, which is a cuddle hormone. Oxytocin appears in a person's brain, and their ovaries and testicles are also involved in this bonding process. Oxytocin helps to

decrease headaches and can help pain go away for up to 4 hours. So if you are feeling tired, stressed, or in pain – cuddling is a great alternative to any painkillers.

13. Simply looking at a picture of a person you love can help relieve pain. It has been shown that the presence of a loved one can help a sick person or patient's improvement, but so can a picture.
14. Individuals who appear similar and at the same level of attractiveness are more likely to end up together than people who look significantly different.

Some Mind-Blowing Facts About Food

- Honey is basically bee vomit. Forager bees regurgitate it.
- The white flesh of the watermelon near the rind is rich in amino acid citrulline that is important for cardiovascular health
- Broccoli contains more protein than steak!
- Apples are made of 25% air, which is why they float.
- Brown sugar and white sugar are the same.
- The only fruit that has its seeds on the outer skin is the strawberry
- Food tastes different in an airplane
- Avocado has highest protein content of all fruit
- Rotten eggs float
- The only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any form other than fresh is lettuce
- Ketchup was once used as a medicine

- Lemons contain more sugar than strawberries
- The original carrots were purple and yellow, not orange
- Carrots are sweeter in the winter
- Bananas, mangoes, peaches, and avocados are pollinated by bats
- Watermelon and bananas are berries, but strawberries are not!
- Honey is the only edible food that never goes bad.
- Figs aren't fruits, they are flowers
- There are more than 1,000 species of banana. We eat only one of them
- Eating 2 Dates daily helpes to improve your skin complexion, nourishes hair, helps to reduce weight, improve digestion and act as a brain booster.
- Pistachios are actually the seeds of a fruit (the outer fruit is removed during processing)
- Pineapple plants can take two to three years to produce a fruit.

Important message: One-third of food produced annually for human consumption is wasted or lost worldwide. This amounts is about 1.3 billion tons per year, worth approximately 1 trillion USD. All that food produced but never eaten would be sufficient to feed **two billion people**.

Signs That Someone Is Not As Successful

Signs That Someone Is Not As Successful As They Claim To Be

1. They don't have a circle of successful people.

A banker will have a group of financial friends while a start-up guy will surround himself with a bunch of start-up guys.

2. Wealth is quiet. Rich is loud. Poor is flashy.

3. They don't care about time.

True wealthy men are particular in time because they know these are the most valuable resources.

4. They have fake rich hobbies.

Clubbing, drinking, and partying.

5. They always try to impress people with their wealth and possessions.

And they want other people to know when they have spent a lot of money.

6. They are name-dropping like crazy.

A real wealthy man will always keep things private and will never act in that way.

7. They tend to buy pieces where the logo is big.

For them, owning these items is about making a statement, not the quality of the product.

8. They may own an expensive car but live in a relatively cheap apartment or house.

9. They often do not have any savings or investments, even if they earn a significant amount of money.

10. They constantly brag about who they know or where they've been.

09 Scientific Proven Habits Of Intelligent People

1. They can accept their fault more easily than others, they know they can do wrong.
2. They are good listeners, listens to everyone but don't believe everyone.
3. Intelligent person's opinions are based on facts and not beliefs.
4. They are very calm in any situation.
5. They hardly use social media, they hate showing off and unnecessary comparisons.
6. They often just feel tired most of the time even in a normal routine.
7. They tend to have a small social circle. The smarter you are the more selective you become.

8. They are almost right in many situations, they can see patterns in everything and can predict very accurately.
9. Average minded discuss mostly about people, trends, events, etc, while intelligent people avoid it.
10. Intelligent people always welcome new opportunities.

Truths About Human Psychology And Life

1. If you give too much priority to people they will start ignoring you.
2. Never waste time on yesterdays for someone who isn't your today.
3. It's just what we love the most, hurts the most too.
4. Don't get too much attached to someone. Nothing hurts more than being taken for granted.
5. A true friend will never leave you in your hard times.
6. Be your own best friend, world is full of temporary people.
7. Toxic people don't apologise they explain why they did it.

Truth Everyone Should Understand On Time

1. Looks matter, try to present yourself better.
2. Colleague can never be a friend (Mostly) So do not take your personal things to office.
3. No one is more Important than yourself, make yourself the priority.
4. Money matters, try to earn it without losing yourself in the process.
5. Family comes first, try to spend as much time as possible when you can.
6. Health once lost, could be challenging to get it back, eat healthy, exercise regularly.
7. We do not have to win life. Just try to live it to the fullest.
8. Travel makes you understand many things which your university can't, travel more.
9. Peace is ultimate - Try to find it and do not lose it for anything/anyone.

Sad Truth of Fake System

1. Money is important because it gives you respect. People give you respect on the basis of your bank balance. Sad truth
2. Sometimes, money can buy love. Many girls/boys left their loyal partners just because of their status.
3. Money is important because it can buy friends. No one wants to be friend with someone who always ask for help or money.

4. Money is important because it gives you freedom and control.
5. Money is important because it gives you options in life.
6. Money can buy happiness by spending it on traveling, education or on your favorite food.
7. Money is important because everyone prefer money over loyalty. So don't waste your time.

What Isn't Love?

1. Love isn't staying up till 3 am in the night to talk to each other every third day.

a. **That's not Love, it's immaturity.**

2. Love isn't sacrificing your goals for someone.

a. **Instead, you help each other achieve your goals.**

3. Love isn't chasing them after they leave you and saying that "Please I love you, don't leave me".

a. **That's not love, that's just you being needy on the inside for someone who doesn't care about you, because if it was love, they would have stayed and figured things out with you.**

4. Love isn't about how perfect a relationship you have or how perfect a partner you have.

a. **It's about how you accept each other's imperfections and are willing to put in consistent efforts. Because in the end what matters is how the both of you go**

through your tough times and make the best out of your beautiful relationship.

5. Love isn't constantly trying to make sure of the fact that your partner might cheat on you because you are scared to lose them.

a. **That's just a lack of trust on your side because of some experience that you might have. It's not wrong to feel this way but it will lead to unnecessary drama. Trust is the underlying foundation of a relationship so you should work on that first.**

6. Love isn't depending on your partner for everything.

a. **It's about also having a life of your own. Relationship is a part of your life. Not your life. You should have your own life, goals, and friends as well.**

Most Heartbreaking Facts

- Soft hearts never win.
  - They get used by others.
    - Be strong enough to face this cruel world .

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- If your partner is forcing, you to record intimate moments between both of you then they don't love you.
  - They love your body only.

    - Get the sh*t out of that relationship.

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- Your best friends, someday will not be your best friends anymore .

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- No one gonna love you if you'd not love yourself.
    - Start loving yourself.
    - The world would seem so beautiful trust me.

.

- You can't be everyone's favourite no matter how good you are.
    - There would always be some people to criticize you .

.

- Those who say
    - Marks don't matter.
    - Looks don't matter.
    - Money don't matter.
    - They lie.

.

- Start valuing your parents if you don't.
    - No one could ever love you how much they love you.
    - If you shout at them and talk to them in a loud voice, then no need to become a cool ka 14 .

.

- Sentences like,
  - I'll never leave you.
  - I'll always love you the same.
    - These are lies, nothing else.

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- Teenage relationships are cause of regrets in most of the cases.
  - I know your are innocent you don't want to fall in relationships.
    - But your fu**ing hormones are so stu*id.

.

- Some peope are just not written in your destiny, no matter how much you try to get them in your life.
  - I know it's too painful. But you can do nothing.
    - All you can do is accept the fact and move on.

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- Now one important fact or you can say an important tip □□.
  - Why you should always carry a wired earphone while traveling?

The Best Life Lessons For Motivation

1. Focus more on yourself than on others. Because you need to shape your own life, not someone else's.
2. Have confidence in yourself, not in others. Recognize your own abilities. This is what will help you.
3. Along with others, also respect yourself. Don't go where your worth is not recognized.
4. You might say “yes” to everyone for every task and even after spending all your time behind others, they might still not like you. That's why learn to say “no” and increase your value.
5. Don't chase after someone, but work hard on yourself and achieve success.
6. Value time, and time will value you.

Learn A Lesson At A Very Young Age And Keep Value It To Future

1. Value time, and perform every task at the right moment.
2. Focus on your own work, avoid interfering in others' tasks.
3. Work on your own strengths and weaknesses.
4. Ignore all the negative things said by people.
5. Love yourself.
6. Trust people after careful consideration.
7. Value your family, spend time with them.
8. Respect your parents, something we often forget.

9. Don't believe in what others say.
10. Speak less, listen more.

What Psychological Facts Shock You?

1. When you help a person, you get emotionally attached to that person. You start loving the person you helped. **So fellas, ask for help and grab the attention of your loved ones.**
2. When you love someone from deep inside your heart, you tend to think about him/her alot. And if the love happens to be both sided, the other person gets to know this, even without you telling anything to them. **Telepathy works.**
3. If you can do something in your mind from start to end. You have already accomplished three-fourth of the mission. Rest is just lifting your bum and get the thing done. **You accomplish things inside your brain first.**
4. If you are sad/alone/nothing to do/heart-broken, you feel hungry all the time. You just think that. **Sadness leads to obesity.**
5. Hugging your loved ones for more than a minute calms your mind, balances your breathing and help you sleep better. **Hugging is equivalent to meditation.**
6. If you fool/convince your brain with logic, that you've had a sound sleep, even if you have not had one, your brain believes the thing and can concentrate as usual days. **Our brain is a child forever.**

7. You can make a woman fall in love with you by pretending that "**you are just so much interested in whatever she has to speak/say**". They love an insane listener.
8. You tend to buy more edible stuff in a shop, if you land up there with an empty/hungry stomach. **Munch something before heading to the groceries.**
9. A single interaction with your crush can make your whole day. But your mere imagination of the interaction can work wonders too. **Fake it untill you make it.**
10. If you try to avoid/forget something, the brain stores it in cache memory, reminding your nerves about it. And you damn can't forget it. **It's true vice-versa.**
11. **Hope is the most powerful thing that does exist**. I will mention a popular experiment to illustrate this. A rat was kept in a jar full of water to check its survival duration. Within 5 hours, the rat gave up its struggle to come out of the water. The moment it was sinking, it was taken out. After 5 minutes of interval, the rat was again kept back in the same jar. This time the rat struggled for 55 hours, in the hope that, somebody out there, will certainly take it out alive. **This is the power of hope.**

08 Signs You Are Toxic To Yourself

1. You apologize a lot, even when the fault isn't yours.
2. You keep hanging out with people who treat you badly.
3. You dress badly, have bad posture, don't take care of yourself.
4. You keep checking your phone for messages even when there are none.
5. You take criticism too personally.
6. You keep comparing yourself to others.
7. You sleep a lot, to avoid life.
8. You agree with other people's opinions even when you have a different one.
9. You don't have passion for learning new things. You aren't worry about your future. Then, be serious, wake up and do something for yourself.

Life is precious, please don't destroy it!

1. Stop telling people everything most people don't care and some secretly want you to fail.
2. Stay away from people who make you feel lonely. No company is better than a Bad Company.
3. It is better to be hated for what you are than to be loved for something you are not.
4. Not everyone will like you that's life.
5. Focus on you people come and go.

6. If you don't control your mind someone else will.
7. Sometime the things that break your heart end up fixing your vision.
8. Loneliness is the price you pay when you start to improve yourself.
9. Proud you survived the days you thought you couldn't.
10. Be kind but don't let people use you.
11. Don’t go broke trying to impress broke people.
12. Make peace with your past so it won't screw up the present.
13. Don’t compare your life to others you have no idea what their journey is all about.
14. Never underestimate the power of stupid people.

How I can do to improve people's lives?

1. If they make a mistake (knowingly or unknowingly) and feel guilty of it ... Forgive them without hesitation... Forgiveness is the best quality a human can have ...

2. Always have a broader perspective about others thinking.

3. Try to understand others feeling but don't compromise your emotions for them

4. If they shout at you, speak in a mannerly, sweet accent... It will only prove that you are somehow better than them

5. Treat others as you wanted to be treated.

If you do all these ... People will like you, your attitude and slowly gradually they will listen to you and this may even cause improvement in their lives ...

Demagnetization of Emotional Energy Among Humans

When two individuals have negative energy built up with each other, they seek mutual demagnetization through quarrelling. But when a third party intervenes, they usually turn against him and he gets from both of them the negative energy which he was trying to neutralize in them. Therefore, if one does not know how to approach a case like that, it's better not to intervene but let people settle their own differences. All they need is demagnetization to feel more at ease and a little physical or moral bruise is fine.

After they have expressed themselves out to one another, the pressure which they could not bear is gone, and they feel at ease again. Therefore, one should not see fights or confrontations as necessarily a bad thing. All communication is energetic in nature, and when negative vibes have been allowed to be mutually demagnetized, harmony can then be restored as the natural state. When people can learn to argue or fight

constructively, they can heal their hurts and reconcile with each other a better outcome.
The important thing is to deal with it there and then. All emotions are in the moment, which means that when you let the moment pass and try to deal with it later, it is not the same. When emotions are felt in the present, they are conscious. When emotions are not dealt with in the present moment, they don't go away but they sink deeper into the subconscious. Those subconscious emotions will seek expression through unconscious and destructive means in ordinary affairs that often prove self-sabotaging.

What is a truth that nobody wants to admit or doesn't see?

- Just because you're offended doesn't mean you're right.
- You can't be healthy and obese.
- Everyone wants to GET old, nobody wants to BE old.
- Most anger comes from feeling powerless.
- The people you look up to are just as nervous as you are.
- As people age, they get fewer chances to mess up.
- All systems are essentially a minority ruling over the majority.

- If you look in the mirror and find a dirty face, it might also be that the mirror is dirty.
- HR is not there to protect you; it is in place to protect the employer.
- Relationships are a one-way street, whether you are the one in love or the one loved.
- Some people will not like you no matter what you do.
- In fact, some people are not qualify to have kids or even pets.
- Small achievements may come from hard work, but big ones require luck.
- We are all biased, especially those who think they are not.

What can I do to change my life?

1. Treat people who don't care about you like they're NPCs.

2. If you make a promise, don't ghost.

3. Manage your diet and sleep like a legit job.

4. When apologizing, replace "but" with a pause.

5. Think with facts, talk with facts.

6. Just do it for 5 mins and you'll forget all the excuses.

7. Give yourself a "complaint-free day" once a week without the negativity.

8. Choose a day of the month and have an interview with yourself to review your past month.

9. Get out of all the toxic relationships.

10. Imagine what you'd say to a friend dealing with the same struggles and tell that to yourself.

11. Check in with people of different ages.

12. Surround yourself with people who represent what you ultimately want to become.

If you dream about someone does that mean they're thinking of you?

Brain electromagnetic waves research believes that:

1. The human brain is composed of tens of thousands of nerve cells, the various activities between these nerve cells generate changing brain electric fields and brain magnetic fields, including thinking. The interactions of changing brain electric fields and brain magnetic fields generate brain electromagnetic waves.
2. Human brains may affect each other's brains through brain electromagnetic waves, such as fear, anxiety, consumption, and even cult hypnosis.
3. If some people are thinking of you, their brain electromagnetic waves may affect your brain, and may be perceived by you, such as dreams, inspiration, telepathy, etc.

Some Mind-Blowing Psychological Facts About Male

1. According to a survey, men can listen to their male friends for ages, but they can only listen to their girlfriend or wife for six minutes.
2. Men hate asking for help most of the time and will avoid talking any help until they feel they can't do it by themselves.
3. Men lie twice as often as women.
4. Men don't like comparison. They hate if any female will compare them to other males.
5. Men are physically strong but emotionally weak compared to Women.
6. Unfaithful men have lower IQs.
7. Communication styles differ; men focus on information, women on relationships.
8. Men may take longer processing emotional cues than women.
9. Spatial skills often stronger in men due to nature/nurture.
10. Men exhibit a higher inclination for risk-taking behaviors.
11. Men prefer bolder colors; women lean towards softer hues.
12. Stress response: men "fight or flight," women "tend and befriend."
13. Men have straightforward sleep patterns, falling asleep faster.

14. Women may have a slight multitasking advantage based on research.
15. Men and women perceive risks differently; men often more confident.
16. Hormonal influences, especially testosterone, impact behavior and dominance.

What is the advantage of being smart?

Being smart can bring several advantages, such as:

1. Improved memory and learning ability: People with higher intelligence tend to have better memory and can learn and retain new information more effectively.
2. Increased success in academics and career: Intelligence can lead to better performance in school and a greater likelihood of success in one's career.
3. Improved ability to adapt to new situations: Being smart can help individuals understand new situations and adapt to them more easily.
4. These are some of the advantages of being smart, but it is important to note that intelligence is just one aspect of a person and does not determine their worth or success in life.
5. Improved problem-solving skills: Being smart can help individuals solve complex problems more effectively and efficiently.

6. Better decision-making ability: Being smart can lead to better decision-making skills and improved judgement.

Success Demands These 06 Things

1. Originality, Success requires the generation of unique and innovative ideas that stand apart from existing concepts.
2. Integrity, maintaining a high level of ethical behavior ensures success, requiring a dedication to honesty and authenticity in all endeavors.
3. Diligence, consistent hard work, and dedication to one's craft are required for success without resorting to plagiarism.
4. Research abilities, a successful person is skilled at conducting extensive research to gather information and insights, laying a solid foundation of knowledge.
5. Critical Thinking, the ability to critically and independently analyze situations is critical for success, as it prevents reliance on copied content.
6. Effective Communication, Success is frequently contingent on the skillful articulation of one's ideas, necessitating clear and original expression to engage and persuade others.

What Have You Learned About Living?

1. True revenge is about being happy
2. Sometimes you have to think about yourself before you think of someone else and that is not being selfish
3. You understand the value of something once you lose it

a. You understand your love for someone once they leave you or when you become distant

4. You don’t need anyone's validation or approval to do something
5. Every second you spend to compare yourself to someone else is a second spent wasting yours
6. You need to believe in yourself before you want someone else to
7. Some people do deserve second chances and they won't disappoint you
8. When you try to resist something, it only persists and grows even more.

Lessons Learned After My Father’s Death

1. **You need to learn to set boundaries**. You should be able to decide which type of people stay in your life and the capacity. Setting healthy boundaries and sticking to them will pay off in the long run.

2. **Practicing work-life balance is important**. When you start to spend too much time in your workplace or somewhere else, you are more likely to neglect important people in your life which can be harmful for you.
3. **All problems have solutions**. When you are faced with a problem, it's always important to put in the time and energy to find a solution. At your worst moment, pick yourself up, think of the best solutions and focus on rising with more strength. Don't give up or lose hope.
4. **For every action there is a reaction**. Before you say something or take action, you should always think of the consequences. Think before you speak or do something since you never know what impact it may have on someone else.
5. **Being flexible and adapting to change is one of the best ways to win in life**. There will be times where you will be forced to postpone or even change a specific goal to move forward and that is totally okay.
6. **Sometimes strangers can do more for you than your relatives.** Relatives are not the only people you need to rely on or should, sometimes you will find people who may not be your family but will be the right people.

What is something that most people don't know?

1. When people lie, they look you in the eye instead of looking away.

2. Real smiles involve blinking while fake ones usually lack blinks.

3. Joy lasts 35 hours, while sadness lasts 120 hours.

4. Speeding up speech usually shows you're feeling nervous.

5. The happier we are, the less sleep we require.

6. Liars hate silence in conversation and tend to throw unnecessary details.

7. The way a person treats restaurant staff reveals a lot about their character.

8. You can never change someone by loving them harder.

9. Doing things that scare you will make you happier.

What are a few bitter truths of life?

1. If you feed a dog it will be more loyal than a human
2. Many people talk but only some are true to their words

3. Most people come in your life with some agenda of their own
4. Talent gets wasted
5. Sometimes, bad things happen to good people
6. You may be better off without some people
7. Everyone is going to hurt you and you are going to find the one that is worth suffering for
8. Some people will love you unconditionally and others will love you when the conditions are right
9. At times you will grieve for people who passed away but there will be times when you will grieve the loss of a person who is still alive

What are some bitter truths about human nature?

1. We are good lawyers for our own mistakes and VERY good judges for other people's mistakes
2. I read somewhere that; At childhood most people play with toys and in adulthood they play with other people's lives and feelings
3. Humans are more and humanity is less now
4. You can do so much for someone to only be betrayed and let down at the end
5. The person who tells you to trust them is the one who will tarnish that trust
6. We humans can never truly be satisfied since greed has no end

7. We struggle to celebrate others. We frown with envy at other people's success and when they fail we sigh with relief.

Understand About Life Until It Is Too Late

1. Some things are not meant to be understood in life but to be accepted
2. Love is not a fraud. Lovers are the fraud
3. I read somewhere that, people who do not understand your silence, cannot understand your words
4. You face problems that you are capable of bearing
5. Living in the past does not change the past
6. Being happy takes work. The happiest people are the ones who have invested a lot of effort into their well-being. It's up to your where you start and how you do it; if you let go of people or learn to develop self-love
7. Life is not about fulfilling other people's expectations but living a life true to yourself
8. Everything is temporary in life whether it is the good stuff or the bad things

What is a waste of time?

1. Gossiping. Talking about other people does nothing for you.
2. Responding to pointless emails. Email may be one of the biggest time-sucking black holes.
3. Too much socializing. Don't be afraid to tell others that you're busy and need to stay focused right now.
4. Online distractions. A source of unlimited information, entertainment, shopping and amusement right at your fingertips is actually a big time waster.
5. Too many breaks. Little break can turn into a big waste of time.

When did you realize that you had grown up?

1. When I stopped sharing my pain and problems with people thinking they did care but actually didn't
2. When I learned that failure has two options; either you stay down or get up and I chose to get up
3. When I accepted my dad's death (that it had happen for some reason and I couldn't do anything about it now) and decided to make him proud

4. When I began to cry under the blanket during the night instead of crying in front of other people
5. When I stopped arguing and began to remain silent (since I didn't feel the need to waste my words on someone who would never understand)
6. When I began to participate in doing household chores (cleaning, cooking, washing dishes) with my sisters so our mother could relax
7. When I admitted the fact that not everyone can stay and not everything is meant to be

What are some confidence hacks?

1. Buy a new pen

Strange! But the pen is a symbol of action and intelligence and can restore your confidence. If retail therapy isn't your thing, holding an object that reminds you of your competence and skill, like a favorite book or ring, can have a similar effect.

2. Use the "as-if" frame

If you were confident, how would you be moving or speaking? By asking yourself this, you are literally forced to be act "as-if" you are confident. Now just forget you are acting long enough and pretty soon you'll develop it into a habit.

3. Surround yourself with a positive squad

Finding supportive people can be challenging, especially if you have been surrounded by toxic people in the past. But there are some ways to increase your chances of meeting that people, and when it comes to imitate relationship.

4. Bring out a "lucky" object

Even if you know it's just superstition, wearing your lucky underwear or eating your lucky meal makes your brain feel like something good will happen.

5. Throw on an all-black outfit

A 2015 study uncovered the color black makes people appear more attractive, intelligent and confident. Not only that, 66% of women thought black was the most attractive color on a man, and 46% of men thought that about women.

6. Turn off the tube

Being exposed to idealized (and unrealistic) images and advertisements is a chronic reminder of all the ways you don't measure up. Plus, hours spent watching shows are actually hours not spent doing something proven to boost confidence.

7. Become a groupie

Joining a group—any group—is good for your confidence. Whether it's a tennis club, a book club, or a

bar trivia group, the sense of belonging to a group makes people feel more confident, even more so than having a large network of friends.

What knowledge does the successful 10 percent understand that the other 90 percent are missing?

1. They say "no" more than they say "yes."

Wealthy just follow up with something amazing. Choosing not to do something doesn't mean they have to be out of the game. Instead, they can take full control of their own time.

2. They teach their kids from an early age about the world of "haves" and "have-nots."

What the rich are teaching their kids is to see the world through the eyes of objective reality - the way society really is.

3. They would rather be educated than entertained.

Walk into a wealthy person's home and one of the first things you'll see is an extensive library of books they've used to educate themselves on how to become more successful. The middle class reads novels, tabloids, and entertainment magazines.

4. They only focus on the right things.

They know that their attention is valuable, and they don't waste it on activities that don't offer them anything in return.

5. They find comfort in uncertainty.

World class thinkers learn early on that becoming a millionaire isn't easy and the need for comfort can be devastating. They learn to be comfortable while operating in a state of ongoing uncertainty.

What are the daily habits of rich and successful people?

1. Take charge of their choices before choice overload charges at them

Even highly successful individuals, such as Barack Obama, have struggled with the negative impact of decision fatigue. To combat this, Obama simplified his clothing the night before and limited himself to blue and gray suits for years to minimize his number of decisions.

2. Manage stress through extreme sports

Many of them like extreme adrenaline sports, either downhill biking or athletic skiing, which are both healthy distractions and physical training. Also, cardio is their favorite. During these, the body takes over and replaces

mental stress with breathing, relaxation, and pure enjoyment.

3. Maintain social connections and daily interactions

Successful individuals understand the impact of their social and strive to surround themselves with positive influences. In their intimate relationships, some people prefer to date partners of similar caliber.

4. Be a lifelong learner every day

Education and learning are not just for students, but something to be embraced at every stage of life. It's especially important to step away from your every day and gather new information and skills only tangentially related to their industries.

5. Remind themselves that the future is not a solution to the present

It's a trap to believe that happiness or success is on the other side of any future event. If people begin romanticizing the future, these issues are getting in the way the whole life. And simple daily reminder has a dramatic impact on mindset and productivity.

Tips And Tricks For Improving Productivity?

1. Identify your most productive time of day:

Everyone has a particular time of day when they tend to get an extra burst of focus and creativity. Understand how your brain works and when you are most productive.

2. Start with just 5 minutes:

Procrastination is the enemy of productivity. Starting is the hardest part, and taking action is the most important thing. If you don't want to do something, make a deal with yourself to do at least five minutes of it.

3. Streamline your space:

Before you do anything else, take a few moments at the start of each day to organize and declutter your workspace. A clutter-free environment helps you think more clearly and produce better results.

4. Use red and blue colors more often:

Studies suggest that red and blue colors improve brain performance, with red known to increase attention to details while blue sparks creativity.

5. Avoid multitasking:

Multitasking does more harm than good. Research shows that about 98% of people are less productive when they multitask as they are not focusing on a single task.

6. Use templates for regular tasks:

Create templates for routine tasks that are created the same way every time. This will save you a lot of time and increase your overall productivity.

7. Start your day with a tough or easy work:

The way you start your day dictates the flow of the rest of the day. You can either start by doing the most demanding task first, so everything else feels more effortless, or do the easiest thing first to gain valuable momentum.

What small thing can tell you a lot about a person?

1. If someone acts love to know your secrets, be careful. They may be “fake nice people”.

2. The Shopping Cart Theory: If they return their shopping cart after they’re done with it, they’re a good person.

3. People who bite their nails tend to be perfectionists, unable to fully relax.

4. Do they gossip? Gossiping is a sign of insecurity and jealousy.

5. One's eating habits can provide insights into their personality. Slow eaters value control and appreciate

small things, while fast eaters are goal-oriented and ambitious.

6. If someone agree with everything you say, and all your opinions, it seems insincere.

7. People's color of choice reveals about their personality.

For example, if their favorite color is red, they may be physical fulfillment. If their color is yellow, they may need logical order and value individuality.

8. Firm handshakes reflect confidence, while weak handshakes suggest a lack of confidence and a preference for shortcuts.

09. People who have large signatures generally see themselves as being important and grandiose.

10. The more often people check their phone, the more likely they are to be emotionally unstable.

Best Habits One Can Develop To Become A Successful Person

1. Serve others

In his book *Secrets of Closing the Sale*, Zig Ziglar says: "You can have everything in life you want, if you will just help enough other people get what they want." If you serve other people, it eventually comes back to you.

2. Make use of feedback

Keep a record of the feedback you receive and the actions you take to use it. Regard negative feedback as an opportunity to learn, challenge yourself and improve your skills.

3. Set aside 10 minutes to an hour a day to learn.

You can see what's trending in your niche in the news; read books, articles, research papers, and essays; listen to podcasts and influencers; watch documentaries and TED Talks, or research how you can up your skills, get into your new line of work, and so on.

4. Eliminate small decisions

Get rid of small decisions by:

Planning your day in advance

Choosing what to wear or buying different versions of the same outfit.

Meal planning and prepping

5. Continuously work on finding balance in life

There is no such thing as work-life balance – it is all life. The balance has to be within you. And a person who has achieved success knows this to be true. They don't strive for a work-life balance; instead, they work on having a balance.

6. Reflect at the end of the day.

Not into journaling? Just try writing down just one sentence about your day, keeping track of goals you accomplished, or storing all your completed to-do lists in one place.

Behaviors Of A Confident Person?

1. They have a low voice.
2. They maintain their composure.
3. They are able to reign in both their feelings and their ideas.
4. They don't give a damn about what other people think of them, so they just focus on doing what makes them content.
5. They have a respectful attitude toward themselves.
6. They are beneficial to individuals.
7. They are so at ease with themselves that it causes them to make jokes about themselves.
8. They are maintaining eye contact.
9. They pay attention to their physical well-being.
10. They are always positive and never boast about themselves.

Things EVERY WISE MAN Should KNOWS

1. Fear is only as deep as the mind allows.
2. Beginning is easy, continuing is hard.
3. Even when months and days are long, life is short.
4. Boasting begins where wisdom stops.

5. Don't count your chickens before they've hatched.
6. Don't offer things to people who are incapable of appreciating them.
7. Even a fool may be good at something.
8. Everyone has their own tastes. Respect others.

TIPS to become a confident person

1. Believe in yourself and your abilities.
2. Celebrate your successes, no matter how small.
3. Learn new skills and knowledge to boost your confidence.
4. Surround yourself with positive and supportive people.
5. Dress for success and look your best.
6. Practice good posture and body language.
7. Take care of your physical health through exercise and a healthy diet.
8. Speak up and share your opinions.
9. Embrace failure as a learning opportunity.
10. Practice mindfulness and meditation to reduce anxiety.
11. Visualize yourself achieving your goals.
12. Take calculated risks and step outside of your comfort zone.

Things that never stop doing no matter how old you're

1. Never stop learning. When one stops learning, one dies.

2. Never stop having faith in yourself. A strong faith can carry you to anywhere you want.
3. Never stop dreaming. A person without imagination can hardly find the joy of life.
4. Never stop saying "I love you". It's never too much. Tell your loved ones you love them every day.
5. Never stop exploring. The world is so big that we should never stay in our comfort zone.
6. Never stop complimenting yourself. If you don't appreciate yourself, who would?
7. Never stop doing good deeds. Though you may not get returns, you'll be satisfied and fulfilled when you look back.
8. Never stop believing. Sometimes there's no evidence but you have to believe.

Boost Your Confidence In 2023

1. Put yourself in uncomfortable situations. This is the best way to overcome shyness.
2. Everyone is human. Everyone has their own problems, insecurities, and doubts. Stop thinking they're better than you.
3. Give Yourself Credit. Stop being so hard on yourself.
4. Get in shape and dress Well. The easiest way to become confident is to look good.
5. Allow yourself to make mistakes. As cheesy as it sounds, 'Rome was not built in a day.
6. Less Planning, More Action. Too much planning can lead to overthinking and anxiety.

7. Take Risks. it's scary, but you need to take risks.

4 Lessons everyone should know in life

1. Avoid sharing your progress with people who will praise your personality instead of your hard work.
2. It is foolish to share anything with anyone who dislikes you. Avoid those people and never tell them anything about your success.
3. Your brain sometimes struggles to differentiate words from actions, so you should talk less and focus on doing more.
4. Every time you share your goals, you make them less likely to come true. Instead of gaining motivation from others, you are suffering at the hands of their praises, and your inner conceptions of success.

Don't Waste Your Energy On These Things

1. Don't waste your energy on people who don't support you.
2. Don't waste your energy on what people think about you. (nobody cares)
3. Don't waste your energy on one-sided relationships.
4. Don't waste your energy on people who need you occasionally.
5. Don't waste your energy on solving problems that aren't yours.

6. Don’t waste your energy on impressing someone who isn’t interested.

Psychological Facts About Human Behavior

1. Most people speak the truth when talking late at night because when they are tired, their brain does not think much and responds honestly.
2. People who react quickly to stupid questions or situations are more intelligent by nature.
3. People with sharp intelligence and high IQ levels are more likely to stay up late at night.
4. People who talk to themselves are naturally smart.
5. Money can bring happiness to a person, but only to a certain extent.
6. When we sleep too much, we tend to sleep more.
7. Our brains prefer information presented in short and interesting ways rather than long, boring articles.

Living A Good Life

1. Learn not to be honest, nobody appreciates brutal truth including you.
2. If a narrow-minded, fool or ignorant person says “(1+1 = 3)”. Don't correct them, let them enjoy themselves and leave. Life is too short to face that type of people

3. Ignore live debates on news channels.
4. Learn to adjust yourself in every type of situation. Everything changes with time.
5. Don’t ruin your life for a bad relationship.

Signs of Emotionally Manipulative People

1. They twist everything you say, to make you look or feel bad.
2. They say awful things, then deny that they said it. They use guilt trips to control people.
3. They minimize your difficulties or problems, so they don't have to be there for you.
4. Their situations or problems are always so much worse than everyone else.
5. They are experts at using passive aggressive behaviors to hurt you.
6. They focus their attention only on their own unhappiness. They never acknowledge your pain.
7. They try to intimidate you with aggression or anger.
8. They seek out sensitive, insecure or trusting people, who have no idea the kind of people they are dealing with. They take advantage of the genuine or naive souls.

Short Philosophy Quotes

1. Life isn't fair, but it's still good.
2. If you tell the truth, you don't have to remember anything.
3. He who is not courageous enough to take risks will accomplish nothing in life.
4. Don't trust words, trust actions.
5. Do yourself a favor, get rich. Life gets easier with money, not time.
6. If you can survive your own thoughts, you can survive anything.
7. If they don't appreciate you, they don't deserve you.
8. Learn to heal without venting to everyone.
9. To avoid disappointment, expect nothing from nobody.
10. Everything comes to you at the right time. Be patient and trust the process.
11. Failure is a bruise, not a tattoo.
12. Avoid gossip at all costs. It's poison to your mind.
13. Time always exposes what you truly mean to someone.
14. Stress is temporary, but the lessons you learn from it can last a lifetime.
15. If someone is trying to bring you down, they are already below you.
16. Money isn't everything in life, but it can help you solve a lot of problems.
17. Don't regret having a good heart. All good things come back and multiply.
18. Don't feel guilty for doing what's best for you.

19. Choose your friends wisely. The fastest way to become better is to surround yourself with better people.
20. Be faithful or stay single. That's simple.
21. Be forgiving, be understanding, but do not be a fool.

Self-Help Tips To Find Motivation And Reach Goals

When we talk about motivation or a lack thereof, we often mean our emotions and how we feel while trying to reach our goals.

To engineer and reach successful outcomes, it is crucial to become self-aware and learn how to self-regulate the state we are in.

Emotions are the traffic light of your soul.

They indicate what is important and what needs your attention at any given moment in your daily experiences.

It is further normal to have often contradicting or mixed emotions, as we are complex human beings. This can be confusing.

It helps to stop for a moment and to identify and acknowledge your feelings - be it joy, anger, fear, surprise, sadness, contempt, happiness, or a mixture of these primary emotions. This requires self-awareness and great honesty with yourself.

To be fully alive and present, we need the whole spectrum of our emotions to be experienced and acknowledged within ourselves.

If we shut out or suppress certain emotions, it will happen with other emotions as well. If we suppress sadness, we can't feel joy, for example. We become numbed out or actively try to achieve this by taking drugs, sleep deprivation, or an overload of work, sex, binge-watching Netflix and the like, and more.

Be become unresponsive to life's experiences and the opportunities it has to offer.

Some develop tunnel vision, get riddled by fear or anxiety, have low self-worth, or doubt themselves and their actions.

This leads to getting stuck and inaction or worse - uncontrolled compensation behavior. Procrastination, or worse lashing out, yelling, name-calling, and things the like are a sign of a lack of self-awareness, understanding, and often self-control. This is called self-sabotage, and I believe we all have experienced it in one way or another.

To overcome this scenario requires actively following systems and processes that lead to successful outcomes.

It as well requires work to increase our self-awareness and work on ourselves and our well-being.

1. Breathe - breath is the essence of life. When we are stressed, we don't breathe properly. Our breathing becomes shallow and our brain

doesn't get enough oxygen to think clearly. - Take deep breaths in through your nose (count to 3) and breathe out through your mouth (count to 4) for 3 minutes. Time it on your phone.

2. Hydrate sufficiently during the day: every hour one glass of clean, room temperature water will get rid of headaches, sluggishness, digestive issues, hunger pangs, extra kilos, and much more. 60% of the human adult body is water. According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%. It doesn't take a scientist to imagine what happens when we get dehydrated which happens rather quickly. By the time we are thirsty, it is already a sign of distress in the body. Keep hydrated throughout the day and your performance level will soar.

3. Move daily to get your metabolism and circulation going - exercise, go for a walk in nature, or simply massage your body, especially your feet to ground yourself, becoming more rooted. If you are short of time, moving several times a few minutes throughout the day is better than strenuous exercises in the gym for two hours.

4. Eat clean and healthy at regular mealtimes. Eat fruits in the morning, vegetables, salads, fish, chicken, turkey, meat for lunch and dinner. Add in egg, nuts, and seeds if you can. - Avoid drugs (coffee, black tea, alcohol, etc), processed, packaged, labeled foods, and if you want to

take it a notch higher in clean eating, dairy, and gluten. This requires regular meals every few hours to stay sated. - Your cravings for salty, fatty, sugary foods will soon vanish, the body gets leaner, healthier and your skin and mood will clear up.

5. Sleep before midnight, and get deep sleep - possible in a quiet, undisturbed environment. Use meditation apps, earplugs, white noise, or if nothing else works, consider moving to a healthier environment. No electronics before bedtime. Create a steady routine.

6. Learn about your emotions. Know the difference between being hungry or sad, being upset and cravings, etc, being stressed, and alcohol consumption. We tend to crave fatty, sugary, carbohydrates in food and numbing substances and actions in times of distress - like comfort.

7. Take a deep breath, give yourself a break, and feel your emotions fully in a safe environment. Then let them pass. Keep breathing. Stay away from compensation behavior (overworking, sex, alcohol, drugs, binge-watching Netflix, and more) and deal with your emotions instead. Deal with your fear by observing it instead of suppressing, denying, projecting, ignoring it. This needs great courage. If necessary, work with a professional therapist. Learn about your triggers and past trauma in therapy, start and complete the healing journey. This is a process that takes time, commitment, and dedication.

8. Get to know yourself, your needs and wants, to learn how to feel rooted, balanced, and happy. Learn how to

set and more importantly, enforce boundaries. Observe others and learn about micro-expressions online (Paul Ekman's science-based approach).

9. Learn about and improve your communication skills to be able to express yourself accurately, so others can understand your message. This is a tough one and needs consistent serious practice.

10. Realize that our social interactions and thoughts are based on our own perception of reality. What people say to you has so much more to do with themselves than you. Learn to understand from where they are coming from, and restrain from trying to change someone else. The only person we can change is ourselves and lead by example, doing the required inner work, as described in these points.

11. We are all on this life journey together. No one is perfect and nobody has it all figured out. Be kind to yourself. Remember that emotions are like the weather - they come and go. Observe and acknowledge them, and let them pass. Be present in the moment. - Life becomes so much richer, fuller, and more beautiful when we manage to do this.

12. Believe in something bigger than yourself. Faith is a fortress when everything else crumbles.

Keep this checklist and go through it when needed. Remedy what you can and seek help in the areas where you need support.

Over time, you will not only learn how to manage your emotions but as well gain a much more profound understanding of yourself and the world around you.

Facts About Social Psychology

- 90% of people around you, don't want you to do better than them.
- No matter how good a person you are, at some point, you will be the villain in someone else's story.
- We remember those who ignore us more than those who speak to us easily.
- Eye pupil rises to 45% when an individual looks at somebody they love.
- Having a positive mindset can help you heal more quickly from any serious illness or disease.
- Women have half as many pain receptors on their bodies as males, but they have a much greater threshold for pain.
- When you are ignored by a person whose attention means the most to you, the reaction in your brain will be similar to physical pain.
- When a number of people witness something such as an accident, the more people that are present the less likely it is that someone will step forward to help.
- People who keep their hands in their pocket while around large crowds are generally anti social and or shy.

- People who say they have high EQ generally have low EQ and low IQ.
- The sort of music you listen to influences the way you view the world.
- Your brain is doing more imaginative work when you are sleepy.

Proudness & Narcissism

"Proudness" and "narcissism" are terms that describe different aspects of one's self-perception and behavior. Let's explore the differences between them:

1. Proudness:

- Definition: Proudness refers to a sense of satisfaction or pleasure derived from one's own achievements, qualities, or possessions.

- Characteristics: Feeling proud is often a positive and healthy emotion. It can be a result of personal accomplishments, hard work, or positive characteristics. Healthy pride is usually grounded in reality and contributes to self-esteem and motivation.

2. Narcissism:

- Definition: Narcissism, on the other hand, is a personality trait characterized by an excessive interest in oneself, a lack of empathy for others, and an inflated sense of self-importance.

- **Characteristics:** Narcissistic individuals may have an exaggerated sense of their own abilities and achievements, a constant need for attention and admiration, and a tendency to exploit others. It can be associated with a lack of empathy and difficulty maintaining healthy relationships.

Which is Good?

Proudness, when grounded in reality and balanced, is generally considered a positive and healthy trait. It can contribute to a person's self-esteem, motivation, and overall well-being. Healthy pride often comes from a genuine sense of accomplishment or the fulfillment of personal goals.

Narcissism, however, is generally viewed in a more negative light. While a certain level of self-interest is natural and necessary for personal growth, excessive narcissism can lead to problems in relationships, work, and overall functioning. Narcissistic traits, especially in their extreme forms, can be associated with interpersonal difficulties and a lack of genuine connection with others.

In summary, proudness can be a positive and healthy aspect of self-perception, while narcissism, especially in its extreme forms, is generally considered detrimental to personal and social well-being. Balancing a healthy sense of pride with empathy, humility, and consideration for others is key to fostering positive relationships and personal growth.

What are the steps to take action?

There's only one: just do it.

Take it from an all-time procrastinator due to paralysis by analysis.

The right moment is always NOW.

Don't wait until you got everything figured out or until you feel it's the perfect timing or the Planets align or there's less risk or you get validation from somebody else… cause if you do, you will never start.

If your intuition tells you to do something, do it and then course-correct as needed.

We think that we have to wait to take action until we gather the courage or the skills, but it is precisely when you take action that you acquire the skills and courage shows up.

Is there hope? Is there still time?

There's always hope and time as long as you're alive.

I've been in a bad spot too and something that has helped me is knowing that nothing lasts forever, not the good things, not the bad things either. So this too shall pass.

Also, the moment you live your life believing that whatever happens to you is part of your journey and you let it naturally unfold for you without judging or labelling the events or people in it, that's when you start prioritizing your inner peace and your existence becomes much more fulfilling and meaningful.

Instead of thinking "I'm at a difficult point", better put it like this: "I'm at a crucial moment of my life where the challenges in front of me are going to help me learn more about myself and allow me to unfold my natural potential".

Be grateful for these kind of uncomfortable moments because they are the ones that will make you grow and get stronger and wiser. If everything was smooth, we wouldn't grow or know ourselves.

Accept your life as it is and try to always look for the positive side of what's in front of you. I promise you, there's always one, even if you can't see it in the moment.

You're very young, you still have many things to live and many experiences to enjoy.

"Whatever happens in my life, it's always there to benefit me". Live by this statement, and you'll be alright.

Hang in there, you can do this and much more. You got this

Most Painful Realization About Yourself

I've been playing a character instead of being myself for a long time.

Actually, several characters depending on the people around me and the specific situation.

Recently, I've learned that it has happened because of childhood trauma. I wasn't able to express my emotions as a child, I felt abandoned and unloved many times cause of a broken home and I felt I needed to earn external validation and love all the time since I didn't think I was enough as I was.

That created a split inside of me, a disconnection from my true authentic self that made me be a people pleaser and neglect my needs by putting other people's first.

I grew up thinking I had a decent childhood but it turns out trauma can happen in many different forms and it doesn't have to be a drastic violent experience to turn yourself into a puppet.

I'm not working on forgiving the little inner child that still feels a bit that way and even thinks it's his fault that happened and I grew up like that.

It hurts, cause I didn't know better and trauma created all those beliefs inside of me that made me live a limited and automatic life trying to be faithful to them, but I still feel responsible for it believing I could have done something to change it, but I guess there's the work of letting guilt and regret go.

So if you're reading this and you feel like you're not being authentic, it's very likely you also have some kind of attachment to events and people in the past or the present that are making you play a character you're really not.

If that's the case, let me remind you what I do now every single day:

You're enough.

You don't owe anything to anybody, not even your parents. Be grateful, but not attached or limited by their beliefs about you or themselves.

You deserve unconditional love and appreciation just because you're alive.

You don't have to do anything or become anybody, you're here to unfold your real essence, your true self, and that's done by being authentic, by doing what feels right regardless of external opinions or social made up rules or standards.

Start by loving yourself more, that's the key to inner peace and a meaningful life experience.

By doing that, the rest comes much more easily, because when you feel you're enough and you can express yourself freely, everything comes into place and the people that are aligned with that version of yourself are going to be there with you fully.

Life is the most amazing experience we can have as the unlimited souls that we are, so let's make the most of it by being ourselves no matter what.

Don't let anyone or anything make you think you're not worthy, cause you are unique and you're exceptional as you are right now.

I really hope this helps.

When People Make You Feel…

People don't make you feel things, they just bring to your awareness what you already feel inside about yourself. Your own beliefs you hold about yourself are the ones giving you those emotions and perceptions.

So, if I may, please let me reframe your question so that we can go deeply into the real issue and find some light about it:

Why CAN people make you feel you're not good enough?

Because you're the one allowing people to make you feel like that, you're giving them that power over you unconsciously because of an unhealed wound that gets triggered inside of you.

It's an automatic response that is disproportionate to the event that's creating it.

What is it, that part of you within yourself that's wounded and needs to be healed so that you can believe you're good enough?

Do this exercise to find out:

Whenever you get that feeling that you're not good enough, ask yourself: "What would I have to believe about myself to feel like this right now?"

See what comes up.

Just let whatever thought or belief you're holding express itself in your mind and create whatever emotion it needs to create and stay there for a while until the emotion fades.

Don't try to hold it or hide it or neglect it, cause then it will hurt you and sirupt your peace forever.

The only way you have to really heal something is to know it, to face it head-on.

Maybe it is your parents undermining you when you were little…

Maybe you were bullied and felt less than the rest…

Maybe you were not always the smartest, prettiest, tallest, strongest in the room…

It can be anything, try to spot where that feeling of now being worthy comes from.

The moment you spot that limiting belief and make it conscious, it has no more power over you.

You recognize it, accept it and own it, so it's part of you consciously and you can let it go so it can't hurt you anymore.

Plus…

You're good enough the moment you're born, my friend.

You didn't come here to prove anything to anybody.

You are unique, a 1-of-1 limited version of yourself, there's nobody like you out there, so do not compare with others because everyone is walking their own journey and we all have different things to learn in the way.

We're all different, but inside we're all the same.

You are the universe expressing itself through a human physical body.

Fuck what others see when they look at you.

What matters is how you feel about yourself, and that is something that's on your hands by realizing you're whole and complete, you don't lack anything, you're enough as you are and you'll always will be.

Just be grateful and accept yourself as who you are, because you're an unlimited beautiful soul living a

physical adventure and you're here to make the most of it.

Surrender to who you really are and let the magic begin!

How Do Control The Things That Can't Control In Life?

Trying to control something that's out of your hands is like trying to count the grains of sand in a beach.

A waste of time and energy and very frustrating, since you won't be successful.

Here are some examples of those things you shouldn't care or worry about:

Things you can't control

- What happened in the past or will happen in the future.
- How others see you and treat you.
- What other people think, feel or what they do with their lives.
- The passage of time and the fact that you're going to die someday.
- The outcomes of your own actions.
- The weather and other external events like traffic jams.

I'd suggest you better focus on the things that are actually up to you, like these:

Things you can control

- How you take what happens to you and what you make of it.
- How you see and treat yourself.
- How you let what other people think or do affect you.
- What you make of the time you've been given.
- The effort you put into what you do.
- How you respond to external events.

So, you know, it's up to you.

Either try to change what you don't have any control over or just let things happen and focus on how you deal with them instead.

It's the difference between eventually getting frustrated and miserable or having a meaningful and fulfilling life.

Is forgiveness most important in life? Why or why not?

Forgiveness is key to improve your inner peace, so it's not the most important thing, it's absolutely one of the most necessary things you need to practice for a good life.

People usually see forgiveness as a weak attitude towards life.

They say…. "If they did something to me, why should I forgive them?!"

When you forgive somebody, you're not doing it for them, you're doing it for yourself.

Holding grudges wears YOU down, not them, since the person you're resentful towards is controlling your life. It's like hating somebody and you suffering from it, while the other person doesn't even know you dislike them so much.

Your inner peace is much more important than your ego, so dropping the attitude and being kind to other people regardless of their actions is always going to be beneficial for yourself.

I'm not saying be permissive with everything and allow people to bully you, you need to be assertive and stand up for yourself whenever necessary, but if you end up hurt, just forgive whoever caused it and move on with your life. In the end, it's good for you.

Also, **remember to forgive yourself.**

You didn't come here knowing everything, you're here to learn, to know yourself better, so you're going to do and say a lot of things that won't be in alignment with who you really are, so you won't be happy with those and will beat yourself up for it, but let yourself course-correct through your experiences and be kind to yourself too.

How one thing is better than another?

I've suffered all my life from paralysis by analysis. Always trying to figure out what option or project was "better" than the other so that I could choose the right one, but ending up with not doing anything at all, since I was afraid of making the wrong choice.

And that happened because my mind was getting in the way of my intuition.

We usually listen much more to our mind because we feel everything in life must be carefully thought and thoroughly analyzed so that we are sure we're making the right choice each and every time.

But we're all given the best guidance system when we're born. Our gut feeling.

And that inner voice is always right, because it leads us through the way we are aligned with if we listen to it and trust it.

If you go with your intuition, you can never be wrong.

Don't overthink it, or else all your expectations and insecurities will get in the way and your ego will be guiding you from fear and trauma.

Instead, you want to be acting from love and excitement, and that can only be done from listening to your heart and soul.

Whenever you face and decision, keep this in mind and listen to that higher self we all have inside of us that protects and guides us through our journey.

Also, remember, that everything that happens in your life is just another part of that journey, try not to judge it or label it as good or bad, since everything is a lesson and a tool to help you know yourself better.

So, if you go with your gut feeling and things don't go as you expected, it doesn't mean it's not right or good for you, it just means you need to drop the expectations from the ego and trust the process.

Why should we struggle in life if we will die one day?

You shouldn't actually.

You struggle because you don't accept what is, because you're trying to control or change what's not in your hands.

Life is a game, it's a journey to remember who you really are, an unlimited soul that's having a physical limited human experience for the fun of it.

You struggle because you're taking seriously what should be taken as a joke.

The moment you start accepting your reality as it is right now and making the most of it in the present

moment, that's when you're free of pain and struggle.

I know right now it may sound silly and absurd, since there a lots of problems, challenges, issues and important things to take care of in your life…

But that's the key. It's all an illusion.

We buy into the lie of having to be always worried about everything and take things super seriously, because we need to be mature and socially accepted and good citizens…

Bullshit.

We're here for a while. We come with nothing and leave with nothing. We only prevail as an infinite soul that's a part of the whole Universe, the rest of material things and life achievements are nothing but noise and fireworks.

Peace of mind is the only thing that will save you from the madness.

And that is achieved by surrendering to the natural unfolding of events in your life and seeing everything that happens as a part of your amazing life journey.

When you get to that point, you're free to really live and make this adventure meaningful for yourself.

Don't overthink it or overcomplicate it.

It's very simple altogether.

Just be here and now and make the most of it with a smile on your face.

Be grateful for this incredible opportunity to know your soul from a human perspective.

You're the Universe expressing itself. Make it memorable!

What to do if don't know what to do to make life better?

Surrender.

Let the natural unfolding of events just happen as it's meant to be.

In many occasions, the more you try, the less you get, because you're doing it for the wrong reasons and creating so much resistance yourself, that the more you do the less you get what you wanted.

Also, what does "better" mean?

How should your life look like to meet your expectations?

We get so caught up into how we think our lives should be, that we miss what's actually going on right here and right now and we end up not living at all and regreting not having paid attention in the future.

You're probably too focused on what you don't have and you expect you should, that you might be taking

for granted everything I'm sure you now have in your life that's great.

Expectations kill happiness.

Instead of expecting your life to be a certain way, choose to accept and embrace wherever you are right now and make the most of it, no matter how it looks like.

Also, focus on what you can control, that's not what happens, but how you take what happens and what you turn it into.

The moment you understand that it's all about enjoying the journey you're meant to walk and accepting everything as a part of it that's there to make it more meaningful, that's when you're free and start really living life fully.

Make it all living here and now and forget about the rest. You'll be ok.

When it so hard to take care of myself…

If you're like me, you've always put other people's well-being first, so you're not used to focus on yourself in that sense.

It can be because you just don't have the habit and haven't developed the practice since you've been focused on others, but usually that kind of behavior goes way deeper and happens because you don't love yourself

enough and you think you're not worth being taken care of.

So the starting point to being able to take better care of yourself is to start loving yourself more so that it leads to you having the actual need of doing it.

When you love a partner, a friend, a relative, your first instinct is to take care of them if they need you, right?

Well, it needs to happen with yourself in the same way.

You're the person that's going to be with you your whole existence, so you should start getting along with that person as soon as possible, since the longer you put that off, the more detached you're going to feel from yourself, which means you won't make time for you at all.

So, I'd really suggest you spend more time alone with yourself, doing stuff that makes you feel good. Make yourself something nice to eat, watch a movie you love, go on a trip by yourself, meditate…

Also, whenever you do something wrong or fail at something, don't beat yourself up, understand that it happens and encourage you to be better next time, but doing from a place of love, like you would if it were your best friend.

The key to a meaningful and fulfilling journey is self-love.

We neglect it and focus on all the other things, but if that aspect of our lives is not taken care of, it's going to affect

what we do, how we do it and how we interact with others.

Love yourself, hug yourself, encourage yourself, tell yourself how much you love yourself, but really mean it and feel it.

The moment you start doing it, you'll see how your whole life changes for the best.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

With a keen intellect and a penchant for thorough exploration, Abidi's contributions offer readers a nuanced perspective on various issues, establishing him as a respected writer whose work resonates across different spheres of thought and discourse. His thought-provoking articles contribute significantly to the intellectual landscape, fostering a deeper understanding of complex subjects.